

THE Messenger

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Lakes, Bay & Region • June 4 2016

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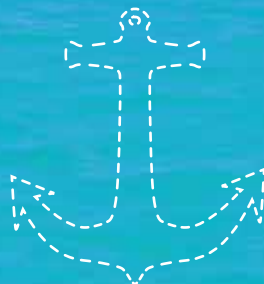
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lots more
local news
and events
inside

AHOY!

Cruising is huge right now, we wanted to know more so we asked an expert
CRUISING 101: CABINS



Your Say: Pram Incident on NL Drive • Lake Eden Hotel • Save the Redcliffe Hospital (?) • Rubbish & Debris at Hilltop

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Contact Us

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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education.

Email your reports and pictures to Editor Dan Fidler via:
editor@northlakesmessenger.com.au

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The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.

The Messenger www.northlakesmessenger.com.au 4



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Aussie Vs Kiwi Day

After the Kiwis won last year, our national pride at stake this Sunday

The Kallangur Bowls Club's Aussie Vs Kiwi Day is a local tradition. For the past 10 years two Mens Fours Test Challenge teams have clashed for national pride. But this year there's a new battleground - in 2016 Women's Fours teams will be competing for the shield and bragging rights.

On the day bowlers from the Rotorua Bowls Club are visiting to contest the event. The event is also open to visitors and non-bowlers to participate though non-bowlers are required to wear flat soled shoes or thongs. Bowls will be provided free of charge and with everyone encouraged to dress in their national colours.

Spectators are also welcome to join in the fun and lunch is available for \$10. Breakfast will be available if required from at 7.30am.

After the game entertainment will be provided by "Double Tracks Duo" from 5.00pm to 9.00pm so grab your friends and head along it will be a great day full of tongue in cheek national rivalry,

The Kallangur Memorial Bowls Club can be found at 1351 Anzac Ave, Kallangur. Phone 3285 2267.

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Kiwis this Sunday
June 5

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9am but breakfast
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Weed removal at Lake Eden

In coming weeks, Moreton Bay Regional Council will commence the next stage of a weed management plan by deploying a large aquatic weed harvester on Lake Eden.

Councillor for Division Four said the harvester machine would soon be deployed on the lake to remove large volumes of unsightly weeds.

"Over the next few weeks, council will be securing an access point for the machine to enter the lake, and it is expected the harvester can start operation shortly after that," Cr Greer said.

"Removal of the weeds is expected to take up to fourteen days, with ongoing treatment such as weed spraying to be undertaken to help control the aquatic weeds."

Cr Greer said the weed removal operation had been announced following her visit to the lake on Friday with the Mayor.

"Mayor Allan Sutherland joined me on Friday to inspect the lake and agreed that council needs to commence the next stage of the weed management plan to help clean up Lake Eden," she said.

"Council is also reviewing options for controlling the number of eels in the lake.



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Local Filmmakers steal the show at QUT

Budding film makers from schools across the region have shared in more than \$30,000 in cash and prizes at the 2016 QUT Student Film Competition.

15 teams from 11 schools entered the competition and the local team from Grace Lutheran College was among the prize winners.

Grace's film was titled *La Proposta* and placed the audience in the shoes of loveable protagonist, Nick. The film explores the theme of time through an escalating series of setbacks, in a pivotal moment in Nick's life, where time is an essential ingredient.

Mr Doug Shobbrook who mentored the second place team from Grace Lutheran College echoed those sentiments and paid tribute to QUT for providing students with an opportunity to compete.

"The QUT Student Film Competition provides a great opportunity for our



The Grace Lutheran College team (left to right): Liam Hartley, Gabrielle Rafter, Reece Harrison, Jayde Aiono, Zali Fitzpatrick, Emily Child, Arina Shapiolevich and Tiarna Herbert.

students to gain experience working as a production team and to put into practice the skills they have developed while studying Film and Television at school."

"The opportunity to walk the red carpet and screen their work to an audience has been a wonderful experience."

The silver medallist each won a \$1000 scholarship and \$100 cash.

Academic Coordinator for Creative Industries at QUT Caboolture campus Kenneth Lyons said the judging panel, a mix of QUT and industry experts, were very impressed by the films that were screened

this year.

"It was a pleasure to be able to watch the films and because they are of such a high quality, we sometimes forget that they have been produced by high school students, in just 14 days."

"I see a very bright future for a number of these students and I look forward to seeing their names in bright lights in the future."

To learn more about Creative Industries at QUT or to view the films produced at this year's competition, visit qut.edu.au/caboolture

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A tale as old as time

Beauty and the Beast the Broadway Musical based on the delightful classic french fairytale is the perfect choice for Redcliffe Musical Theatre (RMT) Youth's second musical after their stunning debut in Grease June 2015.

Beauty and the Beast will be performed at the Redcliffe Cultural Centre June 10 to 12 for four performances only. Starring local Grace College Year 12 student Lindsay Cooper as Beast and Georgia Burnett recent graduate of Grace College as Belle, this production will also feature many other young local performers – Liam Kirkpatrick (Grace Yr 11) as Cogsworth, Alex Kuchmenko (Mueller Yr 12) as Gaston and Georgia Gleeson (Mueller Yr 12) as Belle understudy.

RMT Youth invites the best of our local youth aged 13-19yrs to perform under the direction of a Youth production team where all members are 25yrs or under. RMT aims to provide significant performance and production training opportunities for young people in the performing arts to assist with development of a local talent pool.

Beauty and the Beast will be directed by Reagan Warner (who recently played the role of George Banks in Mary Poppins for



RMT) and choreographed by Mike Lapot (co-choreographer for Mary Poppins) and Brodie Jones (choreographer for RMT Youth's Grease in 2015). Lucas D Lynch will act as the key for this production taking on the roles of Musical Director and Producer. Lucas recently MD'd for RMT's production of Mary Poppins as well as MD for Grease in June 2015.

RMT are also taking the further initiative of inviting a cohort of youth musicians to play in the pit orchestra alongside seasoned musicians as a training opportunity to

develop the talent pool of young pit musicians.

DATES – performances 7.30pm Friday June 10, 2pm and 7.30pm Saturday June 11 and 2pm Sunday June 12.

TICKETS – available from the Redcliffe Cultural Centre on 3283 0407 or online at www.moretonbay.qld.gov.au/general.aspx?id=147967

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Cruising 101

There is no doubt that cruising is having a moment right now. Everyone you know has been on one, your boss seems to be taking them every other month, and if you've never been, it's probably on your to-do list. But if this is uncharted waters (heh) for you, what type of cabin should you go for? We asked an expert to give us landlubbers (sorry) the scuttlebutt (last one) on cruise cabins.

CEI CREIGHTON WRITES

I'm often asked the difference between staterooms/cabins on cruise ships so here is a summary of them. Each cruise line is different however, generally the layouts are similar on the bigger ships like P&O, Princess, Royal Caribbean, Holland America and Celebrity for example. The smaller boutique Cruise companies are all diverse and the range is endless. But no matter what experience you are looking for on the seven seas, there is a perfect ship for you!

Inside cabins:

These cabins are usually the lowest price. Typically they will have twin beds that convert to a queen size, a private bathroom, a closet for hanging clothes, a dresser and a television. These cabins do not have a window to let natural light in. Inside cabins that are 'Quad Share' are double bunks (two up and two down) in essence, and cannot

be converted to Queen Beds. There are a number of 'Triple Share' Cabins on some ships, and there are configured as 2 x lower single beds and 1 x upper bunk, and again, cannot be converted to Queen beds on most ships. There are some exceptions (Royal Caribbean) but they are rare. Expect to pay \$100 to \$200 per person a night for an inside cabin.

Oceanview cabins:

These cabins are like inside cabins but usually have a port hole or window. A window is much more desirable than a porthole because the porthole can be difficult to look through. Windows will vary in size and some cabins will even have full floor to ceiling windows. Most window sizes for Oceanview cabins are about 4x3 feet. Be sure to read the cabin description carefully to determine if there is a different type of window. Windows cannot be opened. The same options apply regarding 'Quad' and 'Triple' Share cabins as an Inside Cabin. Expect to pay \$150 to \$250 per person a night for an Oceanview or outside cabin.

Balcony cabins:

These cabins are better and larger, and more expensive than Oceanview cabins because they typically have full glass sliding doors that lead to a balcony. The balcony allows fresh air and light into the cabin and also may have additional chairs or loungers. Balconies tend to be separated by dividers which give some sense of privacy, but be aware that most balconies are not fully private and can be viewed from above or by the cabin next to you.

The balconies definitely vary in size within

the cruise industry. It is very rare to have either a "Quad or Triple" Share cabin in this category, though interconnecting cabins are often available. Expect to pay \$200 to \$400 per person a night for a balcony cabin.

Suite:

A suite is a premium cabin on a cruise ship. It is usually much larger than a balcony and includes more perks. Suites typically have a full bath tub, large shower, larger closets, larger balcony, larger TV, and often butler services. They range from Mini Suites or Junior Suites through to Owners Suites which are usually located on the premium location on the ship. There are even a number of two bedroom family suites on some ships. Expect to pay \$400 to over \$1,000 per person a night for a suite.

All of these specifics need to be considered when deciding on your cruise experience and best practice to carefully check each cruise line brochures/website for clarification on the cabin specifics.

The type of cabin, the location on the ship and the cruise line you choose to sail with all have an impact on the experience you'll have, so this should be as important a consideration as choosing the destination.

ABOUT CEI CREIGHTON

Cei Creighton is a Mobile Travel Agent living in North Lakes with her family. She has travelled near and far extensively, and loves to help others do the same. For professional travel advice contact Cei at **0410 465 205, ccreighton@mtatravel.com.au or www.mtatravel.com.au/ccreighton**



Disclaimer: The opinions expressed here are not necessarily the opinions of the Messenger. Your submission will be published at the Editor's discretion. We reserve the right to withhold personal, business and organisation names contained in submissions. These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent.

Giant Prams and right of way

I don't think the person was mean spirited at all, who wrote previously. They were in the real world.

A message to NE, you mothers of young children seem to think your the only ones that have ever had children, most of us have been in your position, and at the age when we had young children we were more than able to manage a large pram and also toddlers walking along side, we did not have all the special Pram car parking etc that is available to you today, we walked everywhere. We also had to wait till road was clear to cross and avoid other walkers with our prams, you will realise in a few years when your children are older that life does not just revolve around young children, in fact it is only a very short time of your life. So have some respect for those that are over the baby Stage.

I would also like to add that council needs to clean up Lake Eden, and that is not residents that pay enhancement levies, but rate payers. All resident living here reap the Benefits of us rate payers.

PO

Pram Incident on NL Drive

Hi, i saw the incident mentioned last week in the messenger. It's curious that the author of the letter invoked the road rules for vehicles. As i saw it, the mother kept left when entering the intersection it was the author who didn't give way.

While I agree that some pram drivers can be entitled about right of way, in this instance it was not her fault. The person who wrote the letter was being pushy, swearing and carried on like a pork chop when she should have gotten out of the way. It wasn't at all like she originally told it.

Glass houses hey?

TW

Rubbish & Debris Hilltop Shopping Centre

I am amazed at the amount of rubbish & debris that has been discarded/tossed in the garden that surrounds the carpark of Bounty Boulevard and the north-south arterial of the Hilltop Shopping Centre.

When walking along the boulevard over the past several months, there has been no improvement of this rubbish dumping area.

I wonder who should have the responsibility of maintaining the rubbished area? Centre management or Moreton Bay council?

RC

Lake Eden Hotel - Thanks Councillor Greer

Some months ago I wrote regarding my concerns about the proposed Boutique Hotel at Lake Eden.

We were recently contacted by Councillor Julie Greer and received an update on progress / actions regarding the "noise" and "environment issues" which we had raised. The objections lodged by myself and others have been discussed within Council and also with the Hotel owners and the plans adapted to allow for these concerns.

I would like to thank Councillor Julie Greer for her actions in regard to this matter. Until the building works are completed and the Hotel is in operation we will not know for certain whether these actions are sufficient, however on paper they appear acceptable.

We look forward to the Hotel proceeding and will certainly contact the Council in the future with appropriate feedback, both positive and negative.

Regards,

Peter (long term resident)

Save the Redcliffe Hospital

Funding for Health and Hospitals Continues to Increase

It has come to my attention that GetUp has started a petition to 'save the Redcliffe Hospital'.

I want to assure locals that funding for hospitals is increasing – and that claims made by GetUp fail the most basic understanding of how our hospital system is funded. Their own methodology says that it, "does not take into account that costs will vary by hospital." They might as well have made up the numbers.

GetUp's data also pre-dates the agreement between the Prime Minister and the States and Territories, which injected \$2.9 billion into our public hospital system.

I am proud to be a Member in the Turnbull Government. We have negotiated a fair, sensible agreement with the States and Territories that will provide an additional \$2.9 billion to help fund our hospitals until 2020.

GetUp should apologise for misleading locals, and anyone who donated to this inaccurate website should ask for their money back.

**Yours sincerely,
Luke**

**Luke Howarth MP
FEDERAL MEMBER FOR PETRIE**



In case you missed it

What action is being taken by council about the weeds at Lake Eden?

See page 8 of this edition to find out.

Meet Leonie

Leonie Schilling's star is shining. Regular Readers will already know the brand of thoughtful, considered - yet direct - advice she delivers in the Messenger each week. Now she has her own radio show (99.7FM fortnightly at 2.30pm) and has also recently released her first book.

While Leonie's column is famous for delivering real-world advice straight-up, her new book *Relationship Intensive Care* gives her a vehicle to go into more depth deconstructing and resolving problems surrounding a topic that affects us all. Because relationships and in turn relationship problems and their solutions are fundamental to being human, Leonie's book is a must read.

In real life Leonie laughs a lot. She's light hearted, funny and way too intelligent to be being secretly analysing you (as many fear counsellors do) so head along and meet her next Saturday when she'll be signing books at Dymocks North Lakes between 10am and 1pm. Take your copy down or buy one on the day to get your copy signed.

The book is available as both a hard copy and EBook from Leonie's website or Dymocks North Lakes. The hard copy is \$29.95 (+ \$7.00 postage and handling) and the EBook download is \$14.95 from northlakescounsellingservices.com.au



Want to meet Leonie? She's holding a book signing event at Dymocks North Lakes on Saturday June 11, between 10am and 1pm

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Hello Leonie,

Thank you very much for reading this email. I have a terrible problem with shyness and in fact it has become quite crippling. I have been to see counsellors, psychiatrists and psychologists. I have been told that I have social anxiety but I don't agree as I have no problem giving presentations, over the phone or explaining contracts with complete strangers. But I do steer clear of staff members in the lunch room and never go to outside work things.

It's really when it gets to a personal type relations that I feel sick. I feel though that you are different because you always give ways of changing things or doing things and my problem is that no one has given me any real help only medication that did not work and I no longer take it.

I am 33 now and I really want to marry and have a family but I am terrified to put myself out there. I feel that drinking and snappy humour is expected and this is just not who I am. I am not a wowser but just don't see the point of getting drunk and comatose. I want to meet a nice girl who doesn't expect me to be out there clubbing and drinking. I work in my family business and have the means to support a family very nicely and with comfort but I am just so inside myself.

I am intelligent and I think nice to look at so it's really my shyness that is the problem. What would you suggest Leonie?

Katian/Redcliffe

Hello Katian,

My shyness is crippling

I am more than a little surprised that you have seen all these therapists and none have given you any strategies to manage your shyness. I would firstly ask you to accept that it may be that shyness is a part of your personality and that you may come to see the positives in this. Loud mouth, party hearty extroverts typically are not great relationship material. I would like to see you balance your shyness with skills and strategies but never attempt to change who you are.

Rather than concentrate on everything that is wrong with your personality, I would encourage you to get to know yourself and get comfortable with your personality traits, appreciate the positives and then set goals to change those aspects of yourself that you feel are not working for you.

So the first step is to really get to know your shyness and one way to do this is to mindfully take note of situations and environments that stress you and make shyness related behaviours worse. Is it only dating or is it around new people in general? Do you struggle to find something to say or to make eye contact? Do you actively avoid places and activities that you feel you might enjoy for fear of how you will be perceived? Everyone's shyness is different and you need to really get to know how your shyness impacts on your life, what the triggers are and when it's at its worst. After you have gathered this information the second step is to produce a list of your shyness triggers from the worst situations right down to the everyday situations.

Next I would have you deliberately place yourself in an identified difficult situation at least once a week. For instance if top of your trigger list is speaking to new people, I would ask you to instigate a conversation with someone new once a week. Once you do this a few times, your confidence should grow (even if its ever so slightly) and the fear of being exposed to new people should reduce.

Then after a few weeks, move on to something that is next on the list whilst also keeping up with the first exercise. So if next on the list was something like making conversation in the staff lunch room, you could make it a compulsory exercise to comment about something random to someone in the staff room at least once a week. You could do this by saying something like "Does anyone know what's showing at Hoyts this week?" This type of interaction is not as stressful as opening up a topic for discussion but it does require you to be the first to speak. So you do this whilst still keeping up with the first strategy which is to weekly talk to someone new.

I know what I am asking you to do is very hard and scary but I truly believe that some personality traits like shyness can be managed in a way that will increase life happiness. I further believe that commitment to change is a strong solution because as you behave your way out of an aspect of shyness that is holding you back you will naturally increase your confidence in general.

There are lots of other strategies but they really need to be undertaken with the support of a counsellor who will design an individual case management plan that is just right for you. My advice is don't give up on therapy. Just make sure you go to someone you feel you have a good rapport with and if they are not helping you in a way you understand and trust, end the relationship and find another therapist.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.
For appointments please phone 3886 2715 or 0423 653 841

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The Fairies

Get ready to party at the Redcliffe Cultural Centre on July 7

The Fairies is an enchanting, magical fantasy that has been brought to life over the past 15 years with 78 TV episodes, 11 DVD specials, more than 160 songs, books, toys, costumes and countless live concerts and appearances.

Local kids now have a chance to join one of those concerts when The Fairies party their way through an hour of high energy dancing and brilliant fairy songs in the brand new stage show, Let's Party! at the Redcliffe Cultural Centre on July 7.

Magical fairies Harmony and Rhapsody lead the way in Let's Party with fairy spells galore, showing how the Five Fairy Friendship Rules are key to having a fan-fairy-tastic party!

Barnaby, Elf and Wizzy join with their fairy friends as they all sing and dance to new party hits as well as classics like Fairy Hi, Fairy Dancing Girl, We're Going to Have A Party and of course, the all-time party fave, Jump Jump Star!

At the shows, children love to dress up as their favourite fairy, wizard, elf or bee, and sing and dance along with their magical friends.

Let's Party is a brand new stage show and follows the incredibly popular "Fairy Princess", "Jump Jump Star", "Fairy Dancing" and "Christmas Magic" tours.

The Fairies always present a fan-fairy-tastic show. Fly to the website to get your tickets and as we get closer to the concert, download all of the music so your fairy fan will know all of the words on the day.

Catch the local show on July 7, 11am, at Redcliffe Cultural Centre - Downs Street, Redcliffe. Tickets are \$27.50 or \$50.00 for the Meet the Fairies experience. For bookings call 3283 0407.

For more info see www.thefairies.com

See
the FAN-
FAIRY-TASTIC
colouring in activity
on page 46



Win a Family Pass

The Messenger has a family pass (four tickets) to give away to the Let's Party! concert at Redcliffe Cultural Centre on July 7, valued at \$110.

To win the family pass all you have to do is correctly tell us the names of all five Fairies characters pictured on this page.

Ask Mum or Dad's permission to send editor@northlakesmessenger.com.au an email with "The Fairies" in the subject line. Put your answer and Mum or Dad's mobile phone number (so we can let you know if you win) in the body of the email.

The winner will be chosen at random but you must get your entry in before Friday, June 10.

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Brisbane North and Moreton Bay region is home to nearly 60,000 people who already have signs of chronic kidney disease

Kidney disease hot spots revealed in new report

Writes Dr Anita, Brisbane North PHN

People with chronic kidney disease (CKD) incur 85 per cent higher healthcare costs than those without the condition, according to a new report which highlights the top 20 kidney disease hot spots around the country.

The Kidney Health Australia 'State of the Nation: Chronic Kidney Disease Hot Spots' report also found that CKD was costing Australia over four billion dollars annually.

This analysis was based on 2012 figures showing that CKD was responsible for \$2.5 billion in direct healthcare costs, \$700 million in direct non-healthcare costs, and \$900 in government subsidies.

Excluded from these estimates was the cost of dialysis and transplants, which add another \$1 billion each year to the bottom line.

While not listed among the top 20 hot spots for CKD, the Brisbane North and Moreton Bay region is home to nearly 60,000 people who already have signs of CKD.

This equates to around 8.6 per cent of the region's population.

In Queensland, the worst performing area for CKD was the West Moreton – Oxley region, which ranked third highest nationwide.

Kidney Health Australia CEO Anne Wilson said that, on average, one in 10 Australian adults has signs of CKD.

"Admissions for dialysis have increased by 3.6% on average each year, with the latest data indicating there are 22,234 people on dialysis or living with a transplant in Australia," Ms Wilson said.

"This number is expected to continue to spiral to 31,589 by 2020. This will mean a growth of 60 per cent from 2011, which is more than quadruple Australia's projected population growth of 13 per cent for the same period," she said.

Ms Wilson was unequivocal about the role of early detection and effective management in improving a person's prognosis.

"If caught early, the progression of the disease can be slowed down and, in some cases, even reversed, so talk to your GP or pharmacist to find out more before it's too late," Ms Wilson said.

Screening is vital for people at high risk of CKD, because symptoms may not present until 90 per cent of kidney function is lost. Just like the heart, brain or lungs, if the

kidneys shut down, the entire body shuts down.

People are at increased risk of developing kidney disease if they have diabetes, high blood pressure, established heart problems (e.g. heart failure or heart attack), or have had a stroke.

Anyone with a history of acute kidney injury or a family history of kidney failure is also at risk. Other risk factors include cigarette smoking and obesity (with a body mass index of 30 or higher).

People aged over 60 should also take extra care and Aboriginal or Torres Strait Islander people are more than twice as likely as non-Indigenous people to have indicators of CKD.

CKD symptoms may include changes in the amount and appearance of urine and the frequency when it is passed, blood in the urine, puffiness in the legs and ankles, pain in the area of the kidneys, tiredness, loss of appetite, itchiness and difficulty sleeping, among others.

Maintaining a healthy body weight, staying fit, eating a healthy diet and drinking plenty of water, instead of the sugary or alcoholic alternatives, are some of the more obvious things people can do to keep their kidneys healthy.

To take a quick kidney risk assessment, go to www.kidney.org.au/kidney-check.

Gait Way Podiatry has moved



Gait Way Podiatry has moved to 9 Gregor Street West North Lakes. We now have dedicated parking bays right outside our clinic.

At Gait Way Podiatry we offer traditional podiatry treatments that include callus reduction, general nail care, ingrown toe nail treatment and Diabetic foot care.

We are excited to announce that we are the only practice in Australia to have the Sensor Medica Italian manufactured 3D laser scanned orthotic milling machine. The assessment process starts with a walk on a sensor pressure mat which analyses every millimeter of your footprint. A podoscan then captures the height of your arch and any other contour required.

This dual information is then used in the digital design of your orthotics. This design is then sent to the milling machine to mill a custom orthotic.

Toe nail fungal infections are not only contagious but extremely resistant to topical treatment. They are often the reason for ladies not wearing sandals and a lack of self confidence as the infection can look unsightly. At Gait Way Podiatry we have the latest in laser treatment machines: The fox laser treatment is done in less than a minute per nail. It is pain free and non invasive. Due to the fact that the fungus lives in your shower, shoes and bed linen we do not only treat the nail but the entire life cycle of the fungus. Our principal podiatrist Jacqueline Hendry being a microbiologist has put together a research based protocol to eradicate the fungus so that reoccurrence is minimal if the protocol is followed.

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Your Stars



Aquarius Jan 21-Feb 19: you may be surrounded by frivolous types but don't make the mistake of underestimating them. They can and will open doors as long as you ask seriously.



Pisces Feb 20-March 20: Somehow a fee or price turns out to be different than the original quote. Don't speak out of turn. Do your research first and then pounce.



Aries March 21-April 20: You know a friend is arguing for the sake of arguing, but you aren't in the mood. Do yourself a favour and suddenly remember you had to be somewhere else.



Taurus April 21-May 21: you feel blocked but this could be a benefit. Ask the problem you face what it asks of you. The response may prove enlightening.



Gemini May 22-June 21: Did you ever consider mentoring? Sharing with others gets you to articulate thoughts. This way you learn from yourself as well.



Cancer June 22-July 23: Are you walking away from a good thing? Your friends seem to think so. If they're having second thoughts, then you should too.



Leo July 24-Aug 23: When you insist on doing everything yourself, you miss what other people have to offer- like a helping hand. Do yourself a favour and say yes.



Virgo Aug 24-Sept 23: People think you can do no wrong these days. Demur, but don't discourage them. You can use ego strokes as well as a boost in spirits.



Libra Sept 24-Oct 23: before you jump ship, consider this: What isn't resolved with one person carries over to the next. It's a karma thing.



Scorpio Oct 24-Nov 22: Once again a superior volunteers your services without asking. The only way to cure them of this habit is to leave them in the lurch.



Sagittarius Nov 23-Dec 21: Why is everyone acting like they are smarter than you? Let them, it's their mistake. That kind of condescension leaves their blind spots wide open.



Capricorn Dec 22-Jan 20: Loved ones accuse you of being a downer. What can you say? You'd love to accent the positive too. You just wish it didn't cost you so much.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. **12.00** The Investment Series. **12.30** Hot In Cleveland. (PG) **1.00** The NRL Rookie. (PG) **2.00** Movie: Zeus And Roxanne. (G) (1997) **4.00** Jimmy Barnes: Soul Searchin'. **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** The Voice. (PG) **8.40** The Voice. (PG) **10.10** Movie: The Big Wedding. (MA15+) (2013) Robert De Niro, Katherine Heigl, Amanda Seyfried. A divorced couple pretend to be together. **12.10** Movie: Blindness. (AV15+) (2008) Julianne Moore, Mark Ruffalo. **2.25** Movie: Stardust. (M) (1974) David Essex, Adam Faith. **4.30** Global Shop. **5.00** Leading The Way. (PG) **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **1.30** Yo-Kai. (PG) **2.00** Wild Kratts. **2.30** Sonic Boom. (PG) **3.00** Power Rangers Dino. (PG) **3.30** Teen Titans. (PG) **4.00** Problem Solverz. (PG) **4.30** Ben 10. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Batman. (PG) **6.00** Megamind: The Button Of Doom. (PG) **6.20** Puss In Boots: The Three Diablos. (PG) **6.40** Movie: Puss In Boots. (PG) (2011) **8.30** Movie: The Legend Of Zorro. (M) (2005) **11.00** Movie: Ballistic: Ecks Vs Sever. (M) (2002) **12.50** Go Girls. (M) **1.50** Surfing Australia TV. **2.20** GO Surround Sound. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Beware The Batman. (M) **4.30** Problem Solverz. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Saturday Disney. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Road To Rio. **12.30** Olympians: Off The Record. **1.00** I Dream Of Jeannie. **1.30** Surf Patrol. **1.50** Movie: Race To Witch Mountain. (PG) (2009) **4.00** Better Homes. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Men In Black. (PG) (1997) Tommy Lee Jones, Will Smith. **9.00** Movie: Bad Boys. (MA15+) (1995) Martin Lawrence, Will Smith. Detectives pursue stolen drugs. **11.30** The Goldbergs. (PG) Barry and Erica attend a party. **12.00** Desperate Housewives. (M) **1.00** Desperate Housewives. (M) Lynette tries to win Tom back. **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Dr Oz. (PG)

7TWO

6.00 Shopping. **8.00** Hot Property. **8.30** Room For Improvement. **9.30** The Real Seachange. **10.00** Dealers. (PG) **11.00** Travel Oz. (PG) **12.30** Great Escapes. **1.30** SA Life Favourites. **2.00** Home In WA. **2.30** Great South East. **3.00** Creek To Coast. **3.30** Qld Weekender. **4.00** WA Weekender. **4.30** Sydney Weekender. **5.00** Intolerant Cooks. (PG) **5.30** Secret Location. (PG) **6.30** Movie: Mamma Mia! (PG) (2008) **8.50** Escape To The Country. **9.50** Original Features. **10.50** Air Crash Investigation. (PG) **11.50** Zero Hour. (PG) **12.50** Sydney Weekender. **1.20** WA Weekender. **1.50** Qld Weekender. **2.30** Great South East. **3.00** Home In WA. **3.30** SA Life Favourites. **4.00** Great Escapes. **5.00** Dr Oz. (PG)

TEN

6.00 Fishing Edge. **6.30** The Home Team. **7.00** RPM. **8.00** Family Feud. **8.30** St10. (PG) **11.00** The Living Room. **12.00** All 4 Adventure. (PG) **1.00** Healthy Homes TV. **1.30** The Doctors. (PG) **2.30** GCB. **3.00** The Renovation King. **3.30** Everyday Gourmet. **4.00** What's Up Down Under. **4.30** Escape Fishing With ET. Final. **5.00** News. **6.00** Modern Family. (PG) **6.30** Ice Age: The Great Egg-Scapade. Springtime is coming to the Ice Age. **7.00** Movie: Ice Age 4: Continental Drift. (PG) (2012) Ray Romano. **8.45** Movie: Independence Day. (M) (1996) Will Smith, Bill Pullman, Jeff Goldblum. Earth is attacked by aliens. **11.40** 48 Hours. (M) **12.40** 48 Hours. (M) **1.30** Shopping. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Star Trek: Voyager. **9.00** Hogan's Heroes. **10.00** World Sport. **10.30** MacGyver. **11.30** Walker, Texas Ranger. **12.30** Operation Repo. **1.30** Champions Of The Rottent Channel. **2.00** World Class Bartender Of The Year. (PG) **3.00** M*A*S*H. (PG) **4.00** Reel Action. **5.00** Adventure Angler. **5.30** David Attenborough's Planet Earth. (PG) **6.30** Last Man Standing. **7.00** Last Man Standing. (PG) **7.30** ST: Next Gen. (PG) **8.30** The X-Files. (M) **9.30** Minority Report. (M) New. **10.30** Zoo. (M) **11.30** Bellator MMA. (M) **1.45** ST: Next Gen. (PG) **2.45** World Sport. **3.00** GT Academy. **3.30** GT Academy. (PG) **4.00** GT Academy. **5.00** Football's Greatest Teams. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Max Richter's Sleep. **7.30** Rage. (PG) **10.30** Rage. (PG) **11.30** Reality Check. (PG) **12.05** Australians Of The Year: In Conversation. **1.05** Scott & Bailey. (M) **2.00** Tony Robinson's Time Walks. **2.30** Landline. **3.00** Soccer. Women's International. Australia v New Zealand. Game 1. From Moreshead Park, Redan, Victoria. **5.00** Midsomer Murders. (PG) **6.30** Gardening Australia. **7.00** ABC News. **7.30** Father Brown. (PG) **8.20** Indian Summers. (M) **9.05** The Doctor Blake Mysteries. (M) **10.05** Rake. (M) **11.00** Comedy Showroom. (M) **11.30** Rage. (PG) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Highway Thru Hell. (PG) **8.15** Would I Lie To You? **8.45** The Warehouse Comedy Festival. (M) **9.15** Live At The Apollo. (M) **10.00** Comedy Up Late. (MA15+) **10.30** Broad City. (M) **10.50** Episodes. (M) **11.20** Louie. (M) **11.45** Louie. (M) **12.05** Louie. (M) **12.30** Louie. (PG) **12.50** Louie. (PG) **1.15** Louie. (M) **1.35** Louie. (M) **2.00** Highway Thru Hell. (PG) **2.45** News Update. **2.50** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Equestrian. FEI Jumping World Cup. **3.00** Food Lovers' Guide To Australia. **3.30** Pan-American Road Trip. (PG) **4.30** Beat The Ancestors. (PG) **5.25** DNA Nation. **6.30** SBS World News. **7.30** Who Do You Think You Are? (PG) **8.35** RockWiz Salutes The Legends. **9.35** Movie: Saturday Night Fever. (MA15+) (1977) **11.45** RockWiz. (PG) **12.45** Inspector Rex. (PG) **1.40** Inspector Rex. (M) **2.35** Inspector Rex. (M) **3.25** Nelson Mandela: The Final Chapter. (PG) **4.25** Food Lovers' Guide To Australia. **5.00** CCTV News. (PG) **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** The Tim Ferriss Experiment. **1.25** The Tim Ferriss Experiment. (PG) **1.50** Do Or Die. (PG) **2.15** Do Or Die. (PG) **2.40** Motorcycle Racing. Superbike World Championship. Round 7. **3.35** Celebrity Chef. **5.00** Brain Games. **5.30** Movie: Tales From Earthsea. (PG) (2006) **7.30** If You Are The One. **8.30** 7 Days In Hell. (M) **9.20** Movie: Red Dawn. (M) (1984) **11.25** Movie: River's Edge. (MA15+) (1986) **1.15** Movie: The Basketball Diaries. (MA15+) (1995) **3.10** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Mississippi Grind (2015) Drama. Ben Mendelsohn, Ryan Reynolds. (M) **Premiere** **8.30pm** Unbroken (2014) Biography. Jack O'Connell, Garrett Hedlund. (M) **Masterpiece** **10.25pm** Magic Mike XXL (2015) Comedy. Channing Tatum. (MA15+) **Premiere**

GENERAL

6.30pm E! News. (M) **E!** **6.30pm** My Big Redneck Vacation. (PG) **A&E** **8.30pm** Indian Summers. (M) **BBC First**

DOCUMENTARY

8.30pm In Their Own Words. (PG) **History** **9.30pm** An Audience With Barry Manilow. (PG) **FoxTel Arts**

SPORT

7.30pm Rugby League. NRL. Round 13. Melbourne Storm v Penrith Panthers. **Fox Sports 1** **7.30pm** Football. AFL. Round 11. Fremantle v Essendon. **Fox Footy** **8.00pm** Soccer. International Friendly Series. Australia v Greece. Game 1. **Fox Sports 4**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.



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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Wide World Of Sports. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Maroon Zone. (PG) **1.30** Rugby League. QRL. Intrust Super Cup. Round 13. Townsville Blackhawks v Norths Devils. **3.30** Rugby League. NRL. Round 13. Sydney Roosters v Wests Tigers. **6.00** Nine News. **7.00** The Voice. **8.40** 60 Minutes. **9.40** Inside The World's Toughest Prisons. (M) **10.40** Teens Behind Bars. (M) **11.40** Major Crimes. (MA15+) **12.35** Step Dave. (M) **1.30** Anger Management. (M) **2.00** The Baron. (PG) **3.00** Global Shop. **3.30** Skippy The Bush Kangaroo. **4.00** Good Morning America. Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** SpongeBob. **1.00** Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG) **2.00** LEGO Friends. **2.30** Nexa Knights. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Teen Titans. (PG) **4.00** Problem Solverz. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Ben 10. (PG) **6.00** Batman. (PG) **6.30** Movie: Big Momma's House 2. (PG) (2006) **8.30** Movie: Rush Hour 2. (M) (2001) **10.30** Movie: Project X. (MA15+) (2012) **12.20** The Magaluf Weekender. (MA15+) **1.20** GO Surround Sound. (PG) **1.30** Surfing Australia TV. **2.00** Wild Kratts. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Beware The Batman. (M) **4.30** Problem Solverz. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Doc McStuffins. **6.30** The Lion Guard. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Bewitched. **12.30** To Be Advised. **1.45** To Be Advised. **3.00** Royal Edinburgh Military Tattoo. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** House Rules. (PG) The teams learn what Claire and Hagan think of their new home, before one pair is eliminated. **8.50** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.50** Bones. (M) An investigation into the murder of a police officer sends shockwaves through the team. **10.50** Castle. (M) **11.50** Castle. (M) **12.50** Beauty And The Geek Australia. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** Dr Oz. (PG) **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Australia's Best Houses. (PG) **10.00** Home And Away Catch-Up. (PG) **12.30** Dealers. (PG) **2.00** Secret Location. (PG) **3.00** Original Features. **4.00** Before And After. **4.30** Escape To The Country. **5.30** Catch Phrase. **6.15** Keeping Up Appearances. (PG) **7.00** For The Love Of Dogs. (PG) **7.30** Border Patrol. (PG) **8.00** Motorway Patrol. (PG) **8.30** Escape To The Country. **9.30** Escape To The Continent. **10.45** Air Crash Investigation. (PG) **11.45** Dealers. (PG) **1.00** Dr Oz. (PG) **4.00** Arctic Wonderland. **5.00** Outrageous. (M)

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** St10. (PG) **11.00** Let's Do Coffee. Final. **11.30** Ben's Menu. **12.00** Netball. ANZ Championship. Round 10. Adelaide Thunderbirds v West Coast Fever. **2.00** Judge Judy. (PG) **2.30** The Offroad Adventure Show. **3.00** iFish. **3.30** RPM GP. **4.00** RPM. **5.00** News. **6.00** Family Feud: Sunday. **6.30** Modern Family. (PG) **7.00** Modern Family. (PG) **7.30** MasterChef Aust. Maggie Beer returns. **9.00** Movie: Noah. (M) (2014) Russell Crowe, Jennifer Connelly. A man experiences visions of an apocalyptic flood. **12.00** The Graham Norton Show. (M) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Healthy Homes TV. **8.30** Rugby Sevens. World Series. Round 9. H'lights. **9.00** Rugby Sevens. World Series. Round 10. H'lights. **9.30** David Attenborough's Planet Earth. **10.30** Escape Fishing With ET. **11.00** Temporary Australians. **11.30** Extreme Fishing. **12.30** Undercover Boss. **1.30** ST: Next Gen. **2.30** World Sport. **3.00** Moments Of Impact. **4.00** Megafactories. **5.00** What's Up Down Under. **5.30** iFish. **6.00** Family Feud: Sunday. **6.30** M*A*S*H. **7.30** CSI: Cyber. **8.30** Attenborough's Animal House. **9.30** Motorcycle Racing. MotoGP. Catalunya Grand Prix. Race 7. **11.00** World Sport. **11.30** The Killing. **12.30** RPM GP. **1.00** RPM. **2.00** Late Programs.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offenders. **10.30** Australia Wide. **11.00** The World This Week. **11.30** Songs Of Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** Polly Borland: Polymorphous. (PG) **2.45** Love & Fury. **3.15** The Book Club. **3.45** Australian Story. **4.15** David Attenborough's Rise Of Animals. **5.15** Father Brown. (PG) **6.00** Surfing The Menu: The Next Generation. **6.30** Compass. **7.00** ABC News. **7.40** Grand Designs. **8.30** Midsomer Murders. (PG) Final. **10.00** Shaun Micallef's MAD AS HELL. (PG) **10.30** Hiding. (M) **11.30** By Any Means. (M) **12.30** Whitechapel. (M) **1.20** Rage. (MA15+) **3.30** Midsomer Murders. (PG) Final. **5.00** Insiders.

ABC2

6.00 Children's Programs. **5.20** Octonauts. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Seconds From Disaster. **8.20** The Daters. (PG) **8.30** Michael McIntyre's Showtime. (M) **9.30** Louis Theroux: A Place For Paedophiles. (M) **10.30** My Dad Is A Woman. (M) **11.20** Buzzcocks. (M) **11.50** Junior Doctors: Your Life In Their Hands. (PG) **12.50** Seconds From Disaster. **1.35** The Home Show. **2.25** News Update. **2.30** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** The Bowls Show. **2.00** Speedweek. **4.00** FIFA World Cup 2018 Magazine. **4.30** Voxwomen Cycling. **5.00** InCycle. **5.30** Spying On Hitler's Army. (PG) **6.30** SBS World News. **7.35** America's Hidden Pyramid City. **8.30** DNA Nation. (PG) **9.30** Uranium: Twisting The Dragon's Tail. (PG) **10.30** Cancer: The Emperor Of All Maladies. (PG) **11.40** Movie: A Brand New Life. (PG) (2009) **1.20** Movie: Black Field. (MA15+) (2009) **3.15** The Vasectomy. (M) **4.15** Food Lovers' Guide To Australia. **4.50** Caldera. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **1.00** Movie: Tales From Arcthesia. (PG) (2006) **3.10** Polarised. **3.20** Mysterious Cities Of Gold. (PG) **3.55** Friday Feed. **4.25** Space Dandy. (PG) **4.55** The Brain: China. **6.40** Ninja Warrior Sweden. **7.30** If You Are The One. **8.30** Drunk History UK. (MA15+) Return. **9.00** South Park. (M) **9.25** StrangeFace. (M) **9.35** Cycling. UCI World Tour. Critérium du Dauphiné. Prologue. Les Gets to Les Gets. 3.9 km time trial. From France. **11.05** Full Frontal With Samantha Bee. (M) **11.35** Best Undressed. (MA15+) **12.35** Shot By Kern. (MA15+) **1.05** Favela Rising. (M) **2.35** Kurt Wallander. (MA15+) **4.20** CCTV News In English From Beijing. **5.00** Korean News. **5.30** WorldWatch.



MOVIES

6.25pm Ant-Man (2015) Action. Paul Rudd, Michael Douglas. (PG) *Premiere*
8.30pm No Country For Old Men (2007) Crime. Tommy Lee Jones, Javier Bardem. (MA15+) *Masterpiece*
10.40pm Inherent Vice (2014) Drama. (MA15+) *Masterpiece*

GENERAL

8.30pm Strike Back. (MA15+) FOX8
9.30pm Secret City. (MA15+) Showcase
DOCUMENTARY
6.30pm A Place In The Sun: Winter Sun. (PG) *Lifestyle Home*

7.30pm Paavo Jarvi And The Orchestre De Paris With Andreas Haefliger. *Foxtel Arts*

SPORT

12.15pm Netball. ANZ Championship. Round 10. Adelaide Thunderbirds v West Coast Fever. *Fox Sports 2*
2.00pm Rugby League. NRL. Round 13. Melbourne Storm v Penrith Panthers. *Fox Sports 1*
3.00pm Football. AFL. Round 11. Western Bulldogs v West Coast. *Fox Sports 3*
8.00pm Tennis. French Open. Final day. *Fox Sports 4*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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ICYMI
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Lentil soup with coconut roti (vegan)

Ingredients:

For the soup:

- | | |
|--------------------------------|--------------------------------------|
| 1 cup Red split lentils (dhal) | 1 table spoon Coconut oil or similar |
| 1/2 Spanish Onions diced | 3 cups Water |
| 1 Garlic chopped | 1 tea spoon Salt |
| 3 Curry leaves | 1/2 tea spoon Turmeric |
| 1 cup Coconut milk | 1/2 tea spoon mustard seeds |
| | 1/2 tea spoon cumin seeds |

For the Roti:

- 1 cup Plain flour
- 1/4 cup Freshly grated coconut (or decicated)
- 1/2 Spanish onions thinly sliced
- One green chilli slice
- 2 Curry leaves thinly sliced
- 1/2 cup Water
- 1/4 tea spoon Salt

Recipe: Soup

Rinse the red lentils put into a pan and soak with the water for half hour. Then add turmeric and bring to boil until the lentils are soft. Meanwhile in another pan add the coconut oil and sorte the onions, garlic curry leaves, when the onions are soft and brown add the cumin and mustard seeds and sorte for 1 minute. Then add the sorted onions to the lentils along with the coconut milk. Cook for a further 10 minutes stirring occasionally add salt to taste.

Recipe: Roti

Add the flour into a bowl with the coconut salt onions chilli and curry leaves. Mix all the ingredients with a wooden spoon then add water and mix with the hands till the dough doesn't stick to the fingers. Take a small piece of dough the size of a golf ball roll it to about 3mm thick roti using a little oil so it doesn't stick (we don't use a rolling pin, instead just take a little oil to our hand and flatten it). Then cook the roti on a medium heat flat pan 2 minutes on each side.

Options: to make it a spicy soup add chilli flakes to the soup just before finish cooking. Instead of roti, this can be served with crusty bread, rice or papadams. It can also be served with chicken, beef, lamb skewers marinated with curry flavour and tomato salad to make it a main meal or non vegan meal.

Enjoy, Shyamali

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Agatha Christie's A Caribbean Mystery. (PG) (1983) Helen Hayes. **3.30** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Voice. **9.30** Soundbreaking. (M) **10.40** Obsessive Compulsive Cleaners. (PG) **11.40** Movie: Underbelly Files: The Man Who Got Away. (MA15+) (2011) Toby Schmitz, Matt Zeremes, Claire van der Boom. The story of David McMillan, the only Westerner ever to escape from Thailand's "Bangkok Hilton" prison. **1.30** Anger Management. (M) **2.00** Danzo. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **12.30** Batman. (PG) **1.00** Power Rangers Dino Charge. (PG) **1.30** Wild Kratts. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Power Rangers Dino. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Green Lantern. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.00** Top Gear. (PG) **9.30** Movie: Ransom. (MA15+) (1996) **12.00** The NRL Rookie. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Power Rangers Dino. (PG) **2.30** Wild Kratts. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Accused At 17. (M) (2009) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** House Rules. (PG) Hosted by Johanna Griggs. **8.45** Criminal Minds: Beyond Borders. (M) The team races to save a retired couple kidnapped while on a cruise in Morocco. **9.45** Criminal Minds: Beyond Borders. (M) The team travels to Mexico after a woman and her family become victims of foul play. **10.45** Grey's Anatomy. (M) **11.45** Dynamo: Magician Impossible. (PG) **12.45** The Dr Oz Show. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** Hair Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** Escape To The Continent. **12.00** Escape To The Country. **1.00** City Homicide. (M) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** ICU. (PG) **4.00** RSPCA Animal Rescue. **4.30** 60 Minute Makeover. **6.30** Bargain Hunt. **7.30** Cities Of The Underworld. (PG) **8.30** Prime Suspect. (M) Detective Tennison investigates a seemingly straightforward murder. However, she believes the crime is linked to a smug drug kingpin. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Dealers. (PG) **1.30** Dr Oz. (PG) **4.30** Harry's Practice. **5.00** Canada Wild.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** MasterChef Aust. **2.40** Ent. Tonight. **3.10** Judge Judy. (PG) **3.40** Ben's Menu. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Have You Been Paying Attention? (M) A fast-paced, irreverent look at news, with special guest Harry Shearer, voice artist from The Simpsons. **9.40** NCIS: New Orleans. (M) Pride's family friend's fiancé is murdered. **10.40** Elementary. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** RPM GP. **8.30** RPM. **9.30** Attenborough's Animal House. **10.30** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **8.30** Movie: Braveheart. (M) (1995) Mel Gibson, Catherine McCormack, Patrick McGoohan, Sophie Marceau. **12.00** Wilfred. (MA15+) **12.30** Motorcycle Racing. MotoGP. Catalunya Grand Prix. Race 7. Replay. From Circuit de Catalunya, Montmeló, Spain. **2.00** Diagnosis Murder. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Hogan's Heroes. **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Landline. **11.00** Compass. **11.30** Eggheads. **12.00** News. **1.00** Grand Designs. **1.55** Rise Of The Animals. **2.55** Surfing The Menu: The Next Generation. **3.20** The Bill. **4.15** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.30** Golf. PGA Tour. Memorial Tournament. Highlights. **12.25** Rage. (MA15+) **1.30** Movie: Seven Days' Leave. (G) (1942) Victor Mature, Lucille Ball. **3.00** Movie: Fighting Father Dunne. (PG) (1948) Pat O'Brien, Charles Kemper. **4.35** Eggheads. **5.05** The Bill.

ABC2

6.00 Children's Programs. **5.25** The Hive. **5.30** Hoot Hoot Go! **6.00** Peppa Pig. **6.50** Go Jetters. **5.40** Peg + Cat. **5.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. **8.30** Louis Theroux: Twilight Of The Porn Star. (M) **9.30** Ross Kemp: Extreme World. (MA15+) **10.15** Adam Hills: The Last Leg. (M) **10.45** Jimmy Fallon. (M) **11.25** Michael McIntyre's Showtime. (M) **12.30** Doctor Who. (PG) **1.15** Jimmy Fallon. (M) **2.00** News Update. **2.05** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **2.00** Summer Night Concert. **3.35** Hairy Bikers' Asian Adventure. **4.35** A Great Welsh Adventure With Griff Rhys Jones. **5.30** Letters And Numbers. **6.00** Food Safari. (PG) **6.30** SBS World News. **7.30** Michael Mosley: Trust Me, I'm A Doctor. **8.30** Ireland With Simon Reeve. (PG) **9.35** Lockerbie: My Brother's Bomber. (PG) **10.35** SBS World News Late Edition. **11.05** Trepalium. (M) New. **12.10** Trepalium. (M) **1.05** Food Lovers' Guide To Australia. **1.35** Food Lovers' Guide To Australia. **2.05** Food Lovers' Guide To Australia. **2.30** Food Lovers' Guide To Australia. **3.00** Food Lovers' Guide To Australia. **3.30** Food Lovers' Guide To Australia. **4.00** Late Programs.

SBS2

6.00 WorldWatch. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** The Numbers Game. **4.30** India's Dancing Superstar. **5.40** If You Are The One. **6.40** American Ninja Warrior. **7.30** The Feed. **8.00** Human Resources. (PG) **8.30** Awkward. **8.55** Faking It. **9.25** Movie: Serenity. (M) (2005) **11.40** Voice Over. (M) **11.55** Cycling. UCI World Tour. Criterium du Dauphiné. Stage 1. Cluses to Saint-Vulbas. 186 km flat stage. **1.25** The Feed. **1.55** Assassination Classroom. (PG) **2.20** Assassination Classroom. (PG) **2.45** RuPaul's Drag Race. (M) **3.35** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.55pm Learning To Drive (2014) Drama. Ben Kingsley, Patricia Clarkson. (M) **Masterpiece** **8.30pm Spy** (2015) Comedy. Melissa McCarthy, Rose Byrne, Jason Statham, Jude Law. (MA15+) **Premiere** **8.30pm Mamma Mia!** (2008) Musical. Amanda Seyfried, Meryl Streep. (PG) **Romance**

GENERAL

11.00am Game of Thrones. (MA15+) **Showcase**

8.00pm Abandoned. (PG)

A&E

10.30pm The Daily Show With Trevor Noah

Global Edition. (M)

Comedy Channel

DOCUMENTARY

6.30pm The Brilliant Bronte Sisters. (PG) **Foxtel**

Arts

7.30pm Love It Or List It

Vancouver. (PG)

Lifestyle Home

8.30pm We Meet Again. **Lifestyle**

SPORT

6.00am Golf. PGA

Champions Tour. Principal Classic.

Final round. **Fox Sports 2**

10.00am Basketball. NBA

Finals. **Game 2.** **ESPN**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0606

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Movie: Pure Country 2: The Gift. (PG) (2010) Michael McKean, Bronson Pinchot, Cheech Marin. Three angels bestow the gift of song on a girl, who must follow a series of rules in order to retain the ability. **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** 20 To One. (PG) **8.30** Britain's Got Talent. (PG) **10.00** 2 Broke Girls. (M) **10.30** 2 Broke Girls. (M) **11.00** Beauty And The Beach. (M) **12.00** 20/20. **1.00** Anger Management. (M) **1.30** Danoz Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Wild Kratts. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Problem Solverz. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Green Lantern. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** The NRL Rookie. (PG) **8.30** Best Ink. (M) **10.30** Tattoo Fixers. (MA15+) **11.30** South Beach Tow. (M) **12.00** Impractical Jokers. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Problem Solverz. (PG) **2.30** Wild Kratts. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Blood On Her Hands. (M) (1998) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** House Rules. (PG) With three and a half hours remaining, the teams still have a long way to go to complete their 24 hour challenge. **9.15** Kiss Bang Love. (PG) Blindfolded contestants kiss 12 potential partners, to help them decide who to take on a romantic weekend getaway. **10.25** Ramsay's Hotel Hell. (M) Final. **11.30** The Goldbergs. (PG) Beverly gets a tutor for Adam. **12.00** Hannibal. (MA15+) **1.00** Hannibal. (MA15+) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** Hairy Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Cities Of The Underworld. (PG) **1.00** City Homicide. (M) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** ICU. (PG) **4.00** RSPCA Animal Rescue. (PG) **4.30** 60 Minute Makeover. **6.30** Bargain Hunt. The teams travel to Anglesey. **7.30** Pie In The Sky. (PG) **8.30** The Last Detective. (M) A limousine driver is found dead. However, the plot thickens after he is discovered to have had two identities. **10.10** Air Crash Investigation. (PG) **11.10** Zero Hour. (M) **12.10** Bargain Hunt. **1.10** Dealers. (PG) **2.30** Dr Oz. (PG) **4.30** Harry's Practice. **5.00** Yindi: The Last Koala?

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** MasterChef Aust. **2.10** Ent. Tonight. **2.40** GCBC. **3.10** Judge Judy. (PG) **3.40** Ben's Menu. (PG) **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. Contestants try to win immunity. **8.40** NCIS. (M) Two women, a man's wife and her mistress, accuse each other of murdering their shared beau. **9.40** NCIS: LA. (M) Callen and the team try to save a child. **10.40** NCIS: LA. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Moments Of Impact. (PG) **9.00** Megafactories. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** 48 Hours. (M) **8.30** Movie: Man On Fire. (M) (2004) Denzel Washington, Radha Mitchell, Dakota Fanning, Marc Anthony. **11.30** The Americans. (M) **12.30** Home Shopping. **2.00** Matlock. (M) **3.00** Nash Bridges. (M) **4.00** Jake And The Fatman. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Save Your Life Tonight. **11.30** Eggheads. **12.00** News At Noon. **1.00** Silk. (M) **2.00** Antiques Roadshow. **3.00** The Cook And The Chef. **3.25** The Bill. (PG) **4.15** Murder, She Wrote. **5.00** Soccer. Women's International. Australia v New Zealand. Game 2. From Etihad Stadium, Melbourne. **6.55** Election Announcement: Labor. **7.00** ABC News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Revolution School. **9.30** Foreign Correspondent. **10.00** The Book Club. **10.30** Lateline. **11.00** The Business. **11.20** Q&A. **12.25** Derek. (M) **12.50** Rage. (MA15+) **1.45** Autoluminescent: Rowland S. Howard. (M) **3.35** Silk. (M) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. **8.30** Good Game. (M) **9.00** Black Comedy. (M) **9.30** Our Crime. (M) **10.30** Adam Hills: The Last Leg. (M) **11.00** Jimmy Fallon. (M) **11.40** Ross Kemp: Extreme World. (MA15+) **12.25** A Different Breed. (PG) **1.10** Doctor Who. (PG) **2.00** Jimmy Fallon. (M) **2.45** News Update. **2.50** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Classical Destinations. **3.00** Tracks And Trails. **3.30** Which Universe Are We In? **4.30** The Great Serengeti. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. (PG) **6.30** SBS World News. **7.30** Great Continental Railway Journeys. (PG) **8.30** Insight. **9.30** Dateline. **10.00** SBS World News Late Edition. **10.30** 1864: Denmark's War. (MA15+) New. **11.35** 1864: Denmark's War. (M) **12.45** Inspector Montalbano. (M) **2.45** RockWiz. **4.20** A First Date. (PG) **4.30** Soccer: International Friendly. Spain v Georgia.

SBS2

6.00 WorldWatch. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.30** India's Dancing Superstar. **5.35** If You Are The One. **6.35** American Ninja Warrior. **7.30** The Feed. **8.00** Full Frontal With Samantha Bee. (M) **8.30** Angry Girls: The Rise Of Female Violence. **9.35** Orphan Black. **10.25** Wild Ride. (MA15+) **10.55** Wild Ride. (MA15+) **11.25** South Park. (M) **11.55** Cycling. UCI World Tour. Criterium du Dauphiné. Stage 2. Crêches-sur-Saône to Chalmazel-Jeansagnière. **167.5** km hill stage. **1.25** The Feed. **1.55** 12 Monkeys. (MA15+) Final. **2.45** The Returned. (M) **3.45** @midnight. (M) **4.40** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm The Imitation Game (2014) Biography. Benedict Cumberbatch, Keira Knightley. (M) *Premiere*
6.35pm Kinky Boots (2005) Comedy. Joel Edgerton, Chiwetel Ejiofor. (M) *Comedy*
8.30pm Suite Française (2014) Romance. Michelle Williams, Margot Robbie. (MA15+) *Masterpiece*
GENERAL
7.30pm The Blacklist. (M) *FX*
8.30pm Wentworth. (MA15+) *SoHo*
9.20pm The Good Wife. (M) *SoHo*
DOCUMENTARY
7.30pm Vikings. (PG) *History*
8.30pm Donna Hay: Basics To Brilliance. (PG) *Lifestyle Food*
9.00pm The Disappeared. (PG) *History*
SPORT
10.00am Ice Hockey. NHL. Stanley Cup Series. Game 3.
Fox Sports 4
7.30pm Back Page. *Fox Sports 1*
8.00pm Soccer. International Friendly Series. Australia v Greece. Game 2. *Fox Sports 4*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0706

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Britain's Got Talent. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** David Attenborough's The Hunt. (PG) **8.40** The NRL Footy Show. (M) **10.40** The NRL Rookie. (PG) **11.40** Anger Management. (M) **12.10** The Last Ship. (MA15+) **1.00** Extra. **1.30** Danzo Direct. **2.30** Skippy The Bush Kangaroo. **3.00** Global Shop. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Wild Kratts. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Problem Solverz. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Green Lantern. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Lethal Weapon. (M) (1987) **10.50** Ghost Town Gold. (PG) **11.50** Impractical Jokers. (M) **12.20** GO Surround Sound. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Problem Solverz. (PG) **2.30** Wild Kratts. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Sundays At Tiffany's. (M) (2010) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Andy's confession changes everything. **7.30** Highway Patrol. (PG) A look at dangerous drivers. **8.30** Criminal Minds. (M) After two DEA agents are murdered and a third goes missing, the team joins the NSA to investigate. **9.30** Criminal Minds. (M) The unit tracks down a serial killer. **10.30** Blindspot. (M) A shooting occurs on a university campus. **11.30** Defiance. (M) **12.30** Hannibal. (MA15+) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** Hairy Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Pie In The Sky. (PG) **1.00** City Homicide. (M) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** ICU. (PG) Aaron needs a heart transplant. **4.00** RSPCA Animal Rescue. **4.30** 60 Minute Makeover. **6.30** Bargain Hunt. The teams head to Devon. **7.30** Jonathan Creek. (M) **8.30** Lewis. (M) Detective Lewis investigates the murder of a barnmaid who was killed after leaving a book launch. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Dealers. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** The Charm Of Britain.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** MasterChef Aust. **2.10** Ent. Tonight. **2.40** GCBC. **3.10** Judge Judy. (PG) **3.40** Ben's Menu. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Shark Tank. (PG) An inventor from South Australia shows off his idea on a new way to tackle the harsh Australian sun. **9.40** Hawaii Five-0. (M) The team's informant is accused of murder. **10.40** Hawaii Five-0. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Extreme Boats' Big Angry Fish. (PG) **8.30** Let's Do Coffee. **9.00** Undercover Boss. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Megafactories. **8.30** David Attenborough's Planet Earth. Final. **9.30** Moments Of Impact. (PG) Final. **10.30** Sons Of Anarchy. (MA15+) **12.00** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Nash Bridges. (M) **4.00** Jake And The Fatman. **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Q&A. **11.00** From The Heart. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** Australians Of The Year: In Conversation. **2.30** Jennifer Byrne Presents. **2.55** The Cook And The Chef. **3.25** The Bill. **4.15** Murder, She Wrote. (PG) **5.00** News. **5.25** The Drum. **5.55** Antiques Roadshow. (PG) **6.55** Election Announcement. **7.00** News. **7.30** 7.30. **8.00** QI. (M) **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** The Chaser's Election Desk. **9.30** Would I Lie To You? (PG) **10.00** Comedy Up Late. (M) **10.35** Lateline. **11.05** The Business. **11.20** Four Corners. **12.10** Media Watch. (PG) **12.25** Derek. (M) **12.50** QI. (M) **1.20** Would I Lie To You? (PG) **2.05** Late Programs.

ABC2

6.00 Children's Programs. **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. (PG) **8.30** Gruen Pitch Rewind. (PG) **8.45** Don't Blame Facebook. (M) **9.30** Rise Of The Superstar Vloggers. **10.30** Adam Hills: The Last Leg. (M) **11.00** Jimmy Fallon. (PG) **11.45** Our Crime. (M) **12.45** Doctor Who. (PG) **1.30** Doctor Who: Confidential. (PG) **1.40** Jimmy Fallon. (PG) **2.30** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 Soccer. International Friendly. Spain v Georgia. Continued. **7.00** WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Trespassing Bergman: 1711 Videos. (M) **2.55** SBS Flashback. **3.00** Dateline. **3.30** Insight. **4.30** Wild Britain. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Armada: 12 Days To Save England. **8.40** 24 Hours In Emergency. (M) **9.35** Bosch. (M) **10.30** SBS World News Late Edition. **11.00** Plastic Galaxy: Star Wars Toys. **12.20** Movie: Goethe! (M) (2010) **2.15** Movie: Free Men. (M) (2011) **4.00** Salvage Hunters. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lanka Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.30** India's Dancing Superstar. **5.30** If You Are The One. **6.30** American Ninja Warrior. **7.30** The Feed. **8.00** Brooklyn Nine-Nine. (PG) **8.25** Brooklyn Nine-Nine. (PG) **8.50** Movie: Evil Dead. (2013) **10.35** Movie: High Lane. (MA15+) (2009) **12.05** Cycling. UCI World Tour. Critérium du Dauphiné. Stage 3. Boën-sur-Lignon to Tournon-sur-Rhône. 182 km hill stage. **1.30** The Feed. **2.00** No Limit. (M) **3.00** No Limit. (M) **4.10** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Get Hard (2015) Comedy. Will Ferrell, Kevin Hart. (MA15+) **Premiere** **8.30pm** The Dark Knight (2008) Action. Christian Bale, Heath Ledger. As Bruce Wayne works with Gotham's new District Attorney, he also must catch a genius criminal known only as The Joker. (M) **Action** **10.20pm** Cake (2014) Drama. Jennifer Aniston, Anna Kendrick. (MA15+) **Masterpiece**

GENERAL

8.30pm The Doctor Blake Mysteries. (M) **13th Street** **9.00pm** Tosh.O. (MA15+) **Comedy Channel** **9.30pm** Rich Kids Of Beverly Hills. (M) **E!**

DOCUMENTARY

7.00pm Inside The Actors Studio. (M) **Foxtel Arts** **7.30pm** Britain's Bloody Crown. (PG) **History** **8.30pm** The Rosenbergs. (PG) **History** **SPORT** **6.00am** Cricket. Tri-Nation Series. West Indies v Australia. **Fox Sports 4** **6.30pm** NRL 360. **Fox Sports 1** **7.30pm** AFL 360. **Fox Footy**

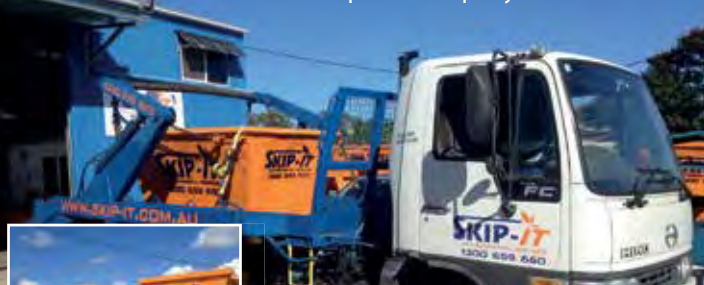
Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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RODENT PROBLEM?



A scratching in your ceiling or walls is often indicative that you have some unwelcome guests living in your home. Rodents become more of a problem during the colder winter months as they move inside seeking warmth and shelter. They are carriers of germs and disease, and ridding them from your home should be a top priority.

A professional pest technician from Sandgate Pest Control can visit your home, identify the entry points and nesting areas and then apply the treatment to ensure that the entire population is removed. As a part of this treatment a free service period will be provided, along with advice on how you can rodent proof your home.

Rodent proofing doesn't have to be difficult, and the advice given by Sandgate Pest Control technicians can be easily completed by homeowners after the treatment. Once implemented, rodent proofing reduces the risk of future infestations. But what must be remembered is that rodent proofing won't remove rodents currently living in your home; it will only help prevent them from returning in future.

So if you are hearing a scratching in your walls or ceilings, or seeing the little droppings they leave behind, the best course of action is to have a treatment completed by Sandgate Pest Control and then follow the advice given by the qualified technician to rodent proof your home.

For more information about rodents or the services Sandgate Pest Control provide, please visit their website www.sandgatepest.com.au or contact their friendly office staff on **3269 6198**.



QBCC 108 7905

For more information please visit our website at
www.sandgatepest.com.au

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: The Love Letter. (1999) Kate Capshaw, Tom Selleck, Ellen DeGeneres. A woman falls in love. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Rugby League. NRL. Round 14. Brisbane Broncos v Canberra Raiders. From Suncorp Stadium, Brisbane. **10.10** World's Funniest Videos Top 10 Countdown. (PG) **11.10** The AFL Footy Show. (M) **1.10** Anger Management. (M) **1.35** Extra. **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Wild Kratts. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Green Lantern. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **8.30** Mike & Molly. (M) Return. **9.30** Mom. (M) **10.30** Anger Management. (M) **11.30** Two And A Half Men. (M) **12.00** Impractical Jokers. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Wild Kratts. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Who Is Clark Rockefeller? (M) (2010) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. (PG) **6.00** News. **7.00** Home And Away. (PG) **8.00** Highway Patrol. (PG) Officers deal with a hoon. **8.30** Rush Hour. (M) New. Two mismatched police detectives, one from Hong Kong and the other from Los Angeles, join forces. **9.30** Rush Hour. (M) Carter and Lee investigate a home invasion which led to a series of deaths. **10.30** Air Crash Investigation. (PG) Experts question the "Kennedy curse". **11.30** To Be Advised. **12.40** Grey's Anatomy. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** Hairy Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Jonathan Creek. (M) **1.00** City Homicide. (M) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** ICU. (PG) **4.00** RSPCA Animal Rescue. **4.30** 60 Minute Makeover. **6.30** Bargain Hunt. The teams scour the Norfolk Showground. **7.30** The Vicar Of Dibley. (PG) The parishioners plan their Christmas nativity play. **8.30** Murdoch Mysteries. (M) A savage murder leads Murdoch into the world of shamanism and lycanthropy. **10.30** Fawty Towers. (PG) **11.15** Bargain Hunt. **12.15** Dealers. (PG) **1.15** The Vicar Of Dibley. (PG) **2.30** Dr Oz. (PG) **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **2.10** Ent. Tonight. **2.40** GBCB. **3.10** Judge Judy. (PG) **3.40** Ben's Menu. **4.00** Everyday Gourmet. **4.30** Bold. **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Law & Order: SVU. (M) Rollins takes matters into her own hands after Barba is forced to drop charges against a popular actor. **9.40** Law & Order: SVU. (M) A baby is kidnapped from a playground. **10.40** Blue Bloods. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Reel Action. **8.30** Operation Repo. (PG) **9.00** David Attenborough's Planet Earth. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Car Crash Britain: Caught On Camera. New. **8.30** Megacities. (PG) **9.30** Cops: Adults Only. (PG) **10.30** House Of Lies. (MA15+) **11.00** Star Trek: Voyager. (PG) **12.00** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Bellator MMA. (M) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Australian Story. **10.30** Foreign Corre. **11.00** The Dreamhouse. (PG) **11.30** Eggheads. **12.00** News. **1.00** Silk. (M) **1.55** Antiques Roadshow. (PG) **2.55** The Cook And The Chef. **3.25** The Bill. **4.15** Murder, She Wrote. (PG) **5.00** News. **5.25** The Drum. **5.55** Antiques Roadshow. **6.50** Clarke And Dawe. **6.55** Election Announcement. **7.00** News. **7.30** 7.30. **8.00** Kitchen Cabinet. **8.30** Rake. (M) **9.30** Cleverman. (M) **10.25** Lateline. **10.55** The Business. **11.15** Making Couples Happy. (M) Final. **12.15** Agony Aunts. (M) **12.40** Tsunami: Survivors' Stories. (M) **1.40** Press Club. **2.40** Golf. PGA Tour. Memorial Tournament. **3.35** Silk. (M) Final. **4.35** Late Programs.

ABC2

6.00 Children's Programs. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.20** Doctor Who: Confidential. (PG) **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** The Chaser's Election Desk. **9.30** Buzzcocks. (M) **10.00** Broad City. (M) **10.20** Adam Hills: The Last Leg. (M) **10.55** Jimmy Fallon. (PG) **11.35** Live At The Apollo. (M) **12.20** Alan Carr: Chatty Man. (M) **1.05** Doctor Who. (PG) **1.55** Jimmy Fallon. (PG) **2.35** News Update. **2.40** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** The World's Most Expensive Stolen Paintings. (PG) **3.10** The Dark Ages: An Age Of Light. (PG) **4.20** Fit To Rule: How Royal Illness Changed History. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Sugar Free Farm. (PG) **8.30** Poh & Co. **9.00** Made In Italy. **9.30** Follow The Money. **10.35** SBS World News Late Edition. **11.05** Bi-Curious Me. (M) **12.00** Movie: We Are What We Are. (MA15+) (2010) **1.40** MythBusters. (PG) **2.40** MythBusters. (PG) **3.40** Wildest Islands. **4.40** Teardrop. (MA15+) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.30** India's Dancing Superstar. **5.35** If You Are The One. **6.35** American Ninja Warrior. **7.30** The Feed. **8.00** Adam Ruins Everything. (PG) **8.30** MythBusters. (PG) **9.30** Going Deep With David Rees. New. **10.00** Going Deep With David Rees. **10.25** My Stuff. (M) **11.25** The Birthday Boys. (M) **11.55** Cycling. UCI World Tour. Critérium du Dauphiné. Stage 4. Tain-l'Hermitage to Belley. 176 km flat stage. **1.25** League Nation Live. **2.55** The Feed. **3.25** Alarm For Cobra 11. (M) **4.20** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm The Dark Knight Rises (2012) Action. Christian Bale, Anne Hathaway. Bruce Wayne returns to the role of Batman after 8 years when a terrorist named Bane surfaces in Gotham. (M) *Action*
10.05pm Playing It Cool (2014) Comedy. Chris Evans, Michelle Monaghan. (MA15+) *Romance*
10.25pm Big Eyes (2014) Biography. Amy Adams. (M) *Masterpiece*
GENERAL
7.30pm Backroad Bounty. (PG) *A&E*
7.30pm Ghost Hunters. (M) *FOX8*
8.30pm Who Do You Think You Are? (PG) *UKTV*
DOCUMENTARY
6.30pm Dance Moms Superfan Takeover. (PG) *Lifestyle You*
8.30pm Married At First Sight USA. (M) *Lifestyle You*
9.30pm Guitar Star. (PG) *Foxtel Arts*
SPORT
6.30pm League Teams. *Fox Footy*
7.00pm Golf. European PGA Tour. Lyonesse Open. First round. *Fox Sports 3*
7.50pm Rugby League. NRL. Round 14. Brisbane Broncos v Canberra Raiders. *Fox Sports 1*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Clara's Heart. (PG) (1988) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Rugby League. NRL Round 14. Wests Tigers v South Sydney Rabbitohs. **10.10** Movie: Payback. (MA15+) (1999) Mel Gibson, James Coburn, Gregg Henry. A small-time crook seeks revenge after being double-crossed and left for dead by his wife and partner-in-crime. **12.15** Movie: A Few Best Men. (MA15+) (2011) Xavier Samuel, Laura Brent. A man invites his three best friends to his wedding. **2.00** Anger Management. (M) **2.30** Avengers. (PG) **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **12.00** Ben 10. (PG) **12.30** Batman. (PG) **1.00** Power Rangers Dino Charge. (PG) **1.30** Wild Kratts. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Green Lantern. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Movie: Jimmy Neutron: Boy Genius. (G) (2001) **7.40** Movie: Harry Potter And The Goblet Of Fire. (PG) (2005) **10.40** iZombie. (MA15+) **12.40** Sun, Sex And Suspicious Parents. (M) **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Wild Kratts. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: United. (M) (2011) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Joh and Pete visit the Seidlers' Killara house, a '60s family home which has become a national icon. **8.30** Movie: The Green Mile. (M) (1999) Tom Hanks, Michael Clarke Duncan, David Morse. An elderly man recalls his time as a prison guard where he befriended a man with an unusual gift. **12.15** Desperate Housewives. (M) Bree tries to hire a lawyer after she becomes prime suspect in the murder of Gaby's stepfather. **1.10** Desperate Housewives. (M) **2.00** Shopping. **4.00** NBC Today.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** Hairy Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** City Homicide. (M) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** ICU. (PG) **4.00** RSPCA Animal Rescue. (PG) **4.30** 60 Minute Makeover. **6.30** Bargain Hunt. **7.30** ABBA: When Four Become One. (PG) **8.30** Escape To The Country. Prospective buyers head to Cheshire in search of their dream home. **9.30** To Build Or Not To Build. **10.30** Best Houses Australia. **11.00** Front Of House. **11.30** Fawty Towers. (PG) **12.00** Escape To The Country. **1.00** To Build Or Not To Build. **2.00** Front Of House. **2.30** Dr Oz. (PG) **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **2.10** Ent. Tonight. (PG) **2.40** GCBC. **3.10** Judge Judy. (PG) **3.40** Ben's Menu. **4.00** Everyday Gourmet. **4.30** Bold. **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. Amanda chats with Jeff Goldblum. **8.30** The Graham Norton Show. Graham chats with Emilia Clarke. **9.30** Have You Been Paying Attention? (M) A fast-paced, irreverent look at news, with special guest Harry Shearer, voice artist from The Simpsons. **10.30** Shark Tank. (PG) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Motorcycle Racing. MotoGP. Catalunya Grand Prix. Race 7. Replay. **9.30** Car Crash Britain: Caught On Camera. **10.30** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Movie: Born To Raise Hell. (MA15+) (2010) Steven Seagal, Dan Badarau, Darren Shahavi. **11.30** Matlock. (M) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Nash Bridges. (M) **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. **11.00** Wild Life At The Zoo. **11.30** Eggheads. **12.00** News At Noon. **1.00** Silk. (M) Final. **2.00** Antiques Roadshow. (PG) **2.55** Kitchen Cabinet. **3.25** The Bill. **4.15** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.25** The Drum. **5.55** Antiques Roadshow. **6.55** Election Announcement: Labor. **7.00** ABC News. **7.30** 7.30. **8.00** Election Announcement: Labor. **8.05** Tony Robinson's Time Walks. **8.30** Silent Witness. (M) **9.30** Broadchurch. (M) **10.20** Lateline. **10.50** The Business. **11.05** The Chaser's Election Desk. **11.35** Adam Hills: The Last Leg. (M) **12.20** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **4.25** Mister Maker's Arty Party. **4.45** Timmy Time. **5.00** Tree Fu Tom. **5.25** The Hive. **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specs. (PG) **7.30** Doctor Who. (PG) **8.30** I'm Having Their Baby. (PG) **9.15** Sex Change Soldier. (M) **10.00** Adam Hills: The Last Leg. (M) **10.35** Jimmy Fallon. (PG) **11.15** Rise Of The Superstar Vloggers. **12.15** Doctor Who. (PG) **1.15** Jimmy Fallon. (PG) **1.55** News Update. **2.00** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Munch 150. (PG) **3.00** The Point Review. **3.30** Italy Unpacked. (PG) **4.30** Who Do You Think You Are? (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Angkor: The Kingdom With Feet Of Clay. **8.30** The Missing Evidence. (PG) **9.30** Britain's Ultimate Pilots: Inside The RAF. **10.35** SBS World News Late Edition. **11.05** Movie: Ages Of Love. (MA15+) (2011) **1.20** Movie: Quiet Chaos. (MA15+) (2008) **3.25** Who Do You Think You Are? **4.30** Soccer. UEFA Euro 2016. Group A. Match 1. France v Romania.

SBS2

6.00 WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** The Feed. **4.30** India's Dancing Superstar. **5.35** Brain Games. **6.00** Street Genius. **6.30** MythBusters. (PG) **7.30** Friday Feed. **8.00** Illusions Of Grandeur. (PG) **8.25** Release The Hounds. **9.20** Adam Looking For Eve (Germany) (M) **10.10** Movie: Iccman. (M) (2014) **12.00** Cycling. UCI World Tour. Criterium Du Dauphiné. Stage 5. La Ravoire to Vaujany. 140 km mountain stage. **1.25** Movie: The Sky Crawlers. (M) (2008) **3.35** PopAsia. (PG) **4.35** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.45pm Baby Mama (2008) Comedy. Tina Fey, Amy Poehler. (PG) Comedy
8.30pm Gone Girl (2014) Thriller. Ben Affleck, Rosamund Pike. (MA15+) Masterpiece
10.35pm Tammy (2014) Comedy. Melissa McCarthy, Susan Sarandon. (M) Comedy

GENERAL

8.30pm Inside Amy Schumer. (MA15+) Comedy Channel
9.00pm Melbourne Comedy Festival's Big Three-Oh! (MA15+) Comedy Channel

DOCUMENTARY

8.30pm Choccywoccy-doodah. (PG) Lifestyle Food
8.30pm Virgin Atlantic: Up In The Air. (PG) Lifestyle
9.30pm Banged Up Abroad. (MA15+) National Geographic People

SPORT

7.00pm Golf. European PGA Tour. Lyonnese Open. Second round. Fox
7.20pm Football. AFL. Essendon v Hawthorn. Fox Footy
7.50pm Rugby League. NRL. Round 14. Wests Tigers v South Sydney Rabbitohs. Fox Sports 1

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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Owner Occupiers Dominate Housing Finance

The latest housing finance figures released by the Australian Bureau of Statistics (ABS) confirm that the influence of investors on the housing market is abating.

"Despite an increase in the value of investment housing commitments in trend terms of 1.1% this follows nine months of falling investor lending in response to the increase in mortgage rates for investors and the strengthening of banks' non-price lending terms, said REIA President Neville Sanders."

"In the current debate on negative gearing it is worth noting that the presence of investor activity has had a positive impact on the level of rents with the March quarter CPI figures released at the end of April providing evidence that the current taxation arrangements keep rents lower than they would otherwise be."

"From 2013, when investment in housing started to pick up, we have seen the rate of increase in rents slow down in Australia. The March quarter 2016 increase was 0.1%, the lowest since March 1995. The annual increase in rents to March 2016 has been 0.9%,

again the lowest since March 1995."

"The housing finance figures for March 2016 show, in trend terms that the number of owner-occupied finance commitments dipped slightly by 0.2%. This follows eighteen months of increases. If refinancing is excluded, in trend terms for March, the number of owner-occupied finance commitments decreased by 0.4 per cent."

"Decreases were recorded in all states except South Australia and the Australian Capital Territory with South Australia having the largest increase of 0.4 per cent. The largest decrease of 2.0 per cent was in the Northern Territory."

"The proportion of first home buyers, as part of the total owner-occupied housing finance commitments, fell to 14.2 per cent and is the lowest since May 2004."

"The lending figures show that the macro prudential measures introduced are working and that owner occupiers are the dominant force in the stabilising market", concluded Mr Sanders.



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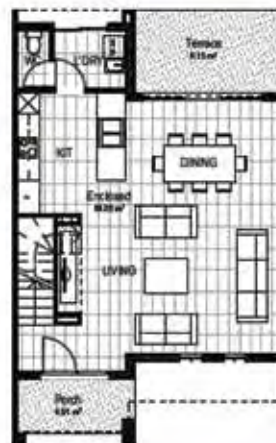


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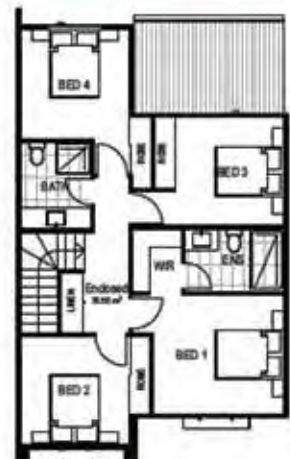
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42sqm+ Plantation on the Water

Set in one of Beachmere's most prestigious positions, sits this luxurious residence, boasting views to your canal. Three separate living areas will keep all the family happy as will the 680m2 block, plus the study.

Who needs a holiday when you live here?

For Sale

\$609,000

Open Home
Saturday 4 June 12:30 - 1:00pm

Michelle Wheeler
M 0438 197 812



For Sale



North Lakes 26 Grampion Circuit

4 2 2

933m2, 4 Bed + Study, 3 Living

The layout is exceptional with open plan family & dining, rumpus & media room + study/5th bed. The kitchen overlooks the living areas & in ground pool with 2 entertaining areas.

Featuring: Master bed with WIR & Ens, 3 remaining bedrooms with BIR & fans, Side Access, Crimsafe throughout & 8 Solar panels.

For Sale

\$609,000

Open Home
Saturday 4 June 10:15 - 10:45am

Michelle Wheeler
M 0438 197 812



For Sale



North Lakes 4 Armour Close

5 2 2

Five Bed Home with 3 Living Areas

- * King size master (walk behind robe, balcony & ens)
- * Kitchen with dishwasher, stainless oven & gas cook top overlooking the living area & alfresco
- * Formal lounge & open plan living & dining
- * Rumpus with balcony (upstairs)
- * Ducted air conditioning

For Sale

\$565,000

Open Home

Please call for your private inspection

Michelle Wheeler

M 0438 197 812



For Sale



North Lakes 18 Possum Parade

4 2 2

Immaculate! Premium Location!

Presenting as new, with quality finishes and a family friendly floor plan in mind.

- * Master with WIR, private balcony and ensuite
- * Separate lounge, open plan living & dining with air
- * Alfresco overlooking manicured gardens and lawn
- * Security screens and fans throughout
- * 400m2 block

For Sale

\$459,000

Open Home

Saturday 4 June 9:30 - 10:00am

Michelle Wheeler

M 0438 197 812



For Sale



North Lakes 41 Heathcote Avenue

4 2 2

The One You've Been Searching For

This home boasts spacious living with air con, tiled combined living & dining + separate formal lounge, flowing out to a covered timber deck.

Features include: * Built-ins to bedrooms, * Ceiling fans, * Security screens, * Raked ceilings, * 4021sqm fully fenced block, * DLUG with internal access

For Sale

\$445,000

Open Home
Please call for your private inspection

Kerry Marks
M 0409 345 987



For Sale



North Lakes 42 Staghorn Parade

4 2 2

Space, Luxury & Views!

- * 3 Separate living areas, Media Room/office
- * Open plan kitchen with breakfast bar
- * Air con in Living Area + Master Bedroom
- * Fenced yard & entertaining area with views to Park
- * In Ground Salt Water Pool
- * 9 ft Ceilings
- * 6 KW Solar

For Sale

\$585,000

Open Home
Please call for your private inspection

Kerry Marks
M 0409 345 987



For Sale



North Lakes 17 Gleeson Street

4 2 2

Gorgeous Ex-Display

- * Multiple living areas, including media room, casual living & large study
- * Kitchen boasts walk-in pantry, Caesar stone & 900mm gas cooking
- * All bedrooms situated at the rear of the home
- * Central deck and spacious 640sqm block

For Sale

Offers Over \$570,000

Open Home

Saturday 4 June 11:00 - 11:30am

Judi Brown

M 0413 285 390



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Local North Lakes Expert

M 0412 745 784





FOR SALE

41 CAMPBELL DRIVE, MANGO HILL

Brand New Luxurious Oasis in Capestone



- 6 Large Bedrooms with Built ins
- 3 Deluxe Bathrooms
- 3 Large Living Areas
- Dedicated Theatre Room
- Beautiful Gourmet Kitchen
- Walk in Pantry & Linen Rooms
- Zoned & Ducted Air Conditioning
- Quality Porcelain Tiles & Wool Carpet
- Beautifully Landscaped Gardens
- Walk to Public Transport and Schools



Captains Club
member



Jarod Faulkner

0447 734 206 | jfaulkner.northlakes@ljh.com.au

1/ 13 Discovery Drive | P: 3491 7733 | F: 3491 3809
northlakes@ljh.com.au | ljh.com.au

LJ Hooker

North Lakes/Mango Hill



FOR SALE

42 LAPWING CRES, MANGO HILL

AUCTION ONSITE: 11 JUNE 4.30PM

EASY WALK TO NEW TRAIN ON 700 SQM!



- 3 Generous Sized Bedrooms
- Master with Spa Bath
- Beautiful Gourmet Kitchen with Stone Bench
- Air Conditioning Throughout
- 2 Large Separate Living Rooms
- Covered Side Access For boat or Camper
- 700 SQM Block
- Walk to New Mango Hill Train Station



Captains Club
member



Jarod Faulkner

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northlakes@ljh.com.au | ljh.com.au

LJ Hooker

North Lakes/Mango Hill



JUST LISTED

102 NICKLAUS PARADE, NORTH LAKES

Offers Over \$499,000

Stunning Builders Ex-Display Home Opposite Fairway Chase Lake & Park!



- Four generous-sized bedrooms
- Including master suite with designer double vanity ensuite
- Modern kitchen with quality stainless steel appliances & stone bench tops
- Bedroom 2 / guest room has a walk-in robe and private alfresco
- Mitsubishi electric 4 zone ducted air-conditioning
- 3.5kW Solar
- Plantation shutters throughout
- 9ft ceilings
- Separate lounge / TV with bi-fold doors perfect for entertaining



Des Malakai

0429 859 968 | dmalakai.northlakes@ljh.com.au

1/ 13 Discovery Drive | P: 3491 7733 | F: 3491 3809
northlakes@ljh.com.au | ljh.com.au



North Lakes/Mango Hill



JUST LISTED

27 MCKEE CRESCENT, MANGO HILL

\$575,000

4 Bed! 3 Living! 600sqm! Near New!



- 4 Large Bedrooms
- 3 Separate living rooms
- Gourmet kitchen with stone tops
- Air-conditioning
- Less than 2 years old
- Walk to train and schools
- Large 600m2 block
- Potential side access



Jarod Faulkner

0447 734 206 | jfaulkner.northlakes@ljh.com.au

1/ 13 Discovery Drive | P: 3491 7733 | F: 3491 3809
northlakes@ljh.com.au | ljh.com.au



North Lakes/Mango Hill

SOLD



25 ABERCROMBIE STREET, NORTH LAKES

SOLD



22 TROON STREET, NORTH LAKES

CONSIDERING SELLING?

CALL ME TODAY!

0447 734 206



Jarod Faulkner
0447 734 206

jfaulkner.northlakes@ljh.com.au



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CALL ME TODAY!

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Des Malakai
0429 859 968

dmalakai.northlakes@ljh.com.au



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*Terms & Conditions Apply



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Greater together means you get a mobile number, not a call centre.

You won't be put on hold, transferred or placed in a queue when you call David Grey, the RAMS Home Loan Specialist in your area. Instead, he'll answer his mobile and ask you how he can help. It'll help keep you strong (and sane).



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Northern Brisbane
and Moreton

David Grey
0428 104 492

Margate
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More information: Credit criteria apply. RAMS Home Loans Centre Northern Brisbane and Moreton is owned and operated by 100 Golf Pty Ltd ACN 600 939 946 as trustee for One in 100 Trust ABN 64 479 497 733. Credit provider and issuer of RAMS deposit products: Westpac Banking Corporation ABN 33 007 457 141 AFSL and Australian credit licence 233714. 16281/05/16



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Black Duck Estate

a unique purchasing opportunity

Murrumba Downs Black Duck Estate

Now Selling- Lots from 320m2

This is your unique opportunity to purchase land within a small subdivision, located superbly amongst an established Residential area. Located within a couple of hundred meters from the new Murrumba Downs train station, adjacent to schools and shops that are within walking distance. North lakes shopping Precinct and Business Center is within 5 minutes.

Large blocks overlook parkland areas, providing serenity whilst enjoying the convenience of suburban living.

- Large Frontage Blocks
- Elevated Blocks
- Park & Wetlands
- Block sizes from 320m2
- Close to train station, schools and shops

Sale

From \$229,000

Chad Patrick

0433 553 722

View By appointment

chad.patrick@raywhite.com

3/13 Discovery Drive North Lakes

3482 3501 / 3491 9153

raywhitenorthlakesqld.com.au

raywhitemangohill.com.au



Ray White North Lakes / Mango Hill



North Lakes 8 Cheviot Street

4 2 2

SOLD by
Chad Patrick!

Thinking of Selling?

Chad Patrick

0433 553 722

Ray White North Lakes / Mango Hill



Another
Satisfied
Client!



Carol - Happy Purchaser Of 28 Tamar Circuit, North Lakes says:-

"Tony and Nadine are a lovely, friendly, helpful couple. I met them when viewing open houses and we chatted about what size and style of house I was looking for. They phoned to update me on new properties coming on the market which they thought I would like. Within a short time they found the perfect place for me. I would definitely recommend them to anyone buying or selling their house for their honesty and genuine desire to help you get results".

Tony & Nadine Wilkie

0406 861 210

Ray White North Lakes / Mango Hill



Samantha Jones
REAL ESTATE

Linzen
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LINZEN PROPERTY GROUP



High Tea at Tiffany's
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27 DISCOVERY DRIVE, NORTH LAKES
CELEBRATING ONE YEAR OF BUSINESS**



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nu
nutrition station

Z
Zambrero

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LET AN AGENT WHO KNOWS GUIDE YOU.

CALL RE/MAX CONNECTED 3385 0180

Winter DIY Workshops

at Bunnings North Lakes

North Lakes residents are invited to make their way to Bunnings Warehouse North Lakes on weekends throughout June to learn a variety of handy energy saving tips and to develop their skills through a range of D.I.Y. Workshops.

Every Saturday and Sunday throughout June, local team members from Bunnings Warehouse North Lakes will host free D.I.Y. workshops for adults and kids, to provide expert advice through easy to follow steps.

Bunnings Warehouse North Lakes Complex Manager Michael Rodwell said the June workshops, which include Tiling and Plastering, Indoor D.I.Y. Projects, Kitchen, Bathroom and Laundry, as well as Energy Saving Workshops, are ideal for residents looking to learn a wide range of skills to get the home winter ready.

"North Lakes residents of all skill levels are invited to come in to the store and learn a useful range of D.I.Y. tips to winter-proof their homes as well as ways to save energy and water around the home. Bunnings team members are pleased to be able to offer local North Lakes residents workshops to achieve their D.I.Y. goals", Michael said.

Free Kids D.I.Y. Workshops will also run each weekend throughout June with fun themed workshops including World Environment Day, Wall Art, Animal Craft, Dress Up, Decorator Workshops and more.



Saturday 4 and Sunday 5 June
Save Energy & Water Around the Home Workshops
 Learn tips on how to save energy and water in your home

Saturday 11 June and Sunday 12 June
Tiling & Plastering Workshops
 Get expert advice and tips on tiling and plastering for your next D.I.Y. project

Saturday 18 June and Sunday 19 June
Indoor Project D.I.Y. Workshops
 Expert team members will give you advice and information on how to kick start your indoor projects

Saturday 25 June and Sunday 26 June
Kitchen, Bathroom & Laundry D.I.Y. Workshops
 Get expert tips on how to seal your windows and doors to keep in the heat and block out the cold

Streetwise Deals in association with @realty



ENTRY LEVEL TOWNHOUSE IN BRENDALE!

Budget conscious buyers looking for a rent returning \$345 per week for a buy-in price around mid to high \$200,000's will be excited to find this three (3) bedroom townhouse in Brendale. The Interstate owner has paid for fresh carpet for the new owner / tenant. Leased to January 2017. It is located in a gated complex with multiple pools, bbq's, tennis courts and more! Secure parking for one car with internal access and other spaces are available too. Public transport (bus & train) are super handy, with major shopping centre close by. This property could be the kick-start to your investment portfolio, and produces a great return for a modest outlay!

24 hours notice required to inspect!

Inspect with Col- 0417 795853

Email: dealsdone@atrealty.com.au



"YUL" LOVE THIS BRYNNER ADDRESS - SO BE QUICK!

Here's an opportunity to add a McDowall address into your portfolio, 24 Brynner St is going to Auction on Saturday 25th June 2016 @ 11am; if not sold before!

Perfectly positioned to enjoy all the amenities close by with easy access to Brisbane City. Day Care & School around the corner, bus stop in the street, short walk to park, hospitals are close by too!

The owner will certainly entertain all offers prior to auction very seriously!

OPEN HOUSE: 4th & 11th June 10:30 to 11:30am

Inspect with Col- 0417 795853

Email: dealsdone@atrealty.com.au



www.atrealty.com.au

when you're ready...

ForSale

1x girls cardigan size 14 (perfect condition)- \$30 1x senior polo shirt, size 12- \$10 1x sport polo shirt, size 12- \$10 1x white formal blouse, size 8- \$10 2x navy unisex sport shorts, size 12- \$10 each Phone or text Beverley on 0421823263. Pick up from Northlakes.

Host Families

Looking for host families for Japanese Students in 2016. These students are male/female and aged between 13-17yrs. They will attend local schools like North Lakes, Murrumba Downs, Dakabin HS and Deception Bay HS. The tours are in July and August. Fantastic Experience for the Family. Requirements are 3 meals a day and transport to and from school. Childrens Blue Card is required but happy to help assist Nightly rate paid.. If you are interested pls call Carol on 0421 635 982 or email at carol@edventureconsulting.com Looking forward to hearing from you.

Accommodation

Garage Sale

Lost and Found

Position Available

Public Notice

Classified advertising cost is \$8.80 GST included for one week.
E-mail your ad to adz@northlakemessenger.com.au before Thursday morning the week prior.
Call Nick on 1300 300 608 with credit card payment

North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

'Food, Food Glorious Food,' was the keynote of this week's gathering as more than 50 of our Members and their guests lunched at the Rustic Olive in Redcliffe. An aura of exuberant chatter filled the restaurant as we greeted all the friendly faces and worked our way through our meals. The menu was extensive and the servings were generous, our thanks to Sam and his staff for the good service. It's always a fun thing to meet up with friends.

Tuesday 7th June 09:45 MONTHLY GENERAL MEETING & POP-UP-SHOP. We attend to our general business first then move on to our up and coming agenda. It's great to involve all members in these meetings so do come along. Following morning tea is a Pop-up-Shop, "Bears & Old Lace," presented by Julie Duncan. This will be a heart-warming, nostalgic glimpse of some of our finer fabrics and hand crafts.

Tuesday 14th June 09:45 SQUARE DANCING, introduced by the Kallangur Senior Citizens Club, a demonstration followed by your participation. Wear appropriate square dancing clothes if you have any or, any suitable garb will be just fine. Please leave your horse outside. EEHA!

Tuesday 21st June 11:30 LUNCH TBA. If you know of any good restaurants that would comfortably cater for lunch for 50+ high-spirited, fun loving ladies, please put your hand up at our MGM. As our membership role has increased it seems our options have shrunk. We always intersperse these choices with our local Taverns and RSLs.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

Colouring in for Kids



Win a Family Pass

The Messenger has a family pass (four tickets) to give away to the Let's Party! concert at Redcliffe Cultural Centre on July 7, valued at \$110.

To win the family pass all you have to do is correctly tell us the names of all five Fairies characters pictured on page 16.

Ask Mum or Dad's permission to send editor@northlakemessenger.com.au an email with "The Fairies" in the subject line. Put your answer and Mum or Dad's mobile phone number (so we can let you know if you win) in the body of the email.

The winner will be chosen at random but you must get your entry in before Friday, June 10.

Privacy Statement The Messenger complies with the Australian Privacy Act 1988 in safeguarding your privacy. No information submitted is collected or used in any other way than for purposes of the competition. Your information is not collated, kept or distributed in any way.

Sudoku

	6	7	9				5	
				5	7		2	
			3	2		1	7	
	8					9		
		5		9		8		
		9					1	
	7	6		8	5			
	5		7	1				
	9				3	5	4	

Expert Sudoku

Fancy yourself as a sudoku pro? Try this one

		3		6		7		
	9						2	
7					1			4
		5		1				
6			5		3			8
				7		1		
2			7					5
	3						8	
		1		9		4		

Crossword Solution from last issue

A	S	C	D	O	A	F		
A	N	E	C	D	O	T	E	
A		A		N	B	C	A	M
I	T	E	M		C	A	R	D
H			U		I	P	G	A
L	E	A	D	E	R		E	V
M		I			F	T	M	
C	A	S	S	O	C	K		C
		C	O	B		T	S	
P	A	R	L	A	N	C	E	
V	A		V	C		L		O
D	E	S	I	D	E	R	A	T
N		M		R		U	U	L
E	G	R	E	S		S	U	S
E		R	E		E	E	A	H

Crossword 6439

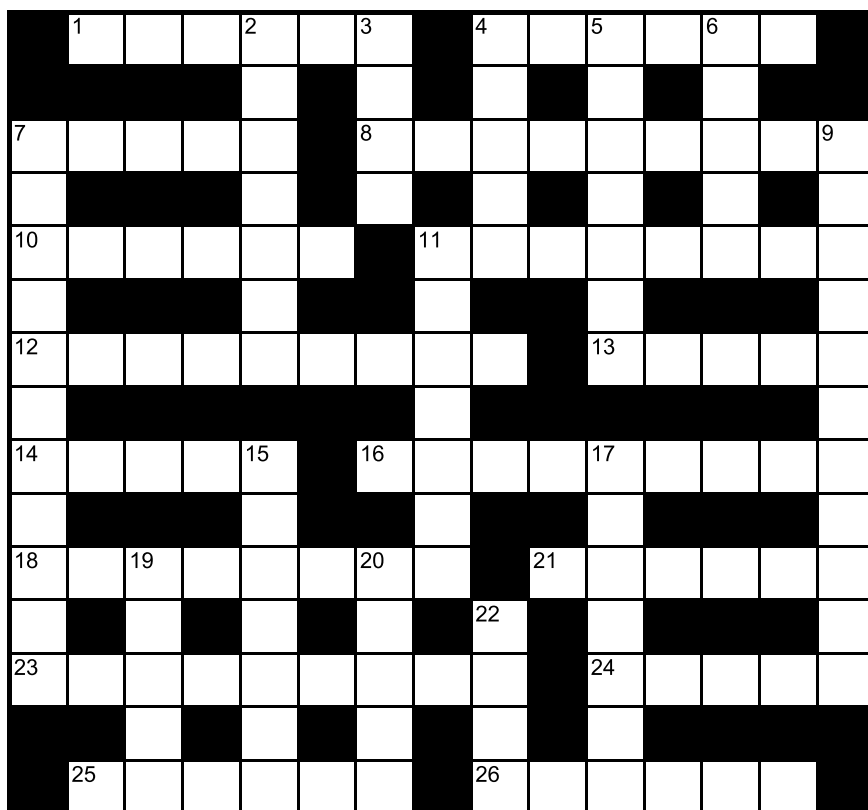
Kindly provided by hipster crossword artisan - Laurie Stibbe

ACROSS

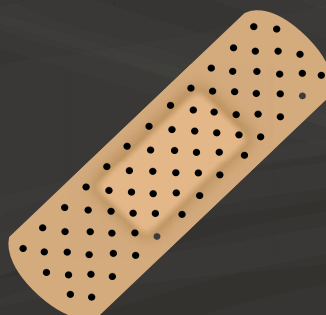
- 1 On fire
- 4 Censure severely or angrily
- 7 A big oak would grow from this
- 8 Hardy breed of saddle horse
- 10 Not of long duration
- 11 Badge to show official position
- 12 Hoarded wealth
- 13 Naming words
- 14 Regal, majestic
- 16 Complex system of paths
- 18 Fruit and drink of the gods
- 21 Stress
- 23 The previous day
- 24 Ludicrous act for amusement
- 25 Tenant who holds a lease
- 26 Order or falsify secretly

DOWN

- 2 Loss of memory
- 3 Panache, style, ardour
- 4 Mature, develop fully
- 5 Gold or silver ingots
- 6 Recognised, experienced
- 7 Day of remembrance
- 9 Ether, nitrous oxide, etc
- 11 Japanese flower display
- 15 Wife of the king of beasts
- 17 Reuse materials or waste
- 19 Sew with large stitches
- 20 Give qualities to
- 22 Small island in river or lake



The Messenger Handy Hints



Band-Aids: Removing them is easy if you soak a cotton ball in baby oil and rub it over the tape.

To get your Handy Hint into The Messenger, just send a short (50 words or less, includes title) description to adz@northlakemessenger.com.au

Attributed to Freepik

COMMUNITY NOTICEBOARD

A free service provided by the Messenger for community, social and non-profit organisations

SUBMIT VIA:

community@northlakemessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- To guarantee placement for the following week, please make your submission by Thursday prior
- Your submission will run ongoing until you notify us otherwise

HANDY NUMBERS TO KNOW

Emergency:	000
NL/MH Police:	3482 1444
Crime Stoppers:	1800 333 000
SES:	132 500
Health Advice:	13432 584
Wildlife Rescue:	0401 350 799
RSPCA:	1300 363 736
Dakabin Pound:	3886 0357

THE 500 CLUB If you enjoy a friendly of 500 you can join us at Redcliffe Senior Citizens centre, 401 Oxley Avenue Redcliffe every monday from 12.30 pm - 4 pm Contact Trish on 32035047 or Vivvi on 0407238163

A.C.M.A. MIN MIN BRANCH. Monthly concerts/socials held on 4th Sat. each month NOTE new starting time now from 1.00pm. Kruger Hall Ann St. Kallangur. Quality Guest Artists & Club Member Spots. All welcome Call Queenie 5497 9395.

A.I.R. The Assoc. of Independent Retirees (AIR) AIR will hold an Investor Breakfast for self-funded retirees and investors at the Moreton Bay Boat Club Bird O'Passage Parade Scarborough on Monday 20th June, 2016, at 7-15a.m. Special guest speakers are Terri Loy, National Manager Health Management and William Peters Senior Private Client Advisor Morgans. Cost, including served breakfast, \$16 pp. Bookings to Val Martin 3203 5074 or Max Barton 3142 2506

AI-ANON. If someone you love, or are dependent on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. AI-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmore Road, Redcliffe. For further information phone 1300252666

ALCOHOLICS ANONYMOUS. If you want to drink that's your business if you want to stop we can help. alcoholics anonymous holds meetings everyday in the moretonbay area in the following suburbs, caboolture, bribe Island, deceptionbay, redcliffe, margate, clontarf, woody point please phone 1300222222 or go to aa.org.au

ALL ABOUT LIVING is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website www.allaboutliving.com.au - We promote Choice, Support and Connection

ALL WELCOME at The Moreton Bay Social Group Make Friends - Have Fun is our motto. We meet every Tuesday evening at the Redcliffe Leagues Club from 6pm. So join us for friendly conversation and discuss fun outings for our future events. We look forward to hearing from you, for further information contact Maureen 34918998 or Nick 0423543833 or Pat 0403946369

A.L.P. To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email [alpmurumba.east@gmail.com](mailto:alp.murumba.east@gmail.com)

ANGELICAN CHURCH OF NORTH LAKES We are a Contemporary Anglican Community who gather for worship on Sunday at 9:30am in the Performing Arts Centre of North Lakes State College. We sing a mix of modern music and reworked old hymns. We enjoy having Communion and engage with our Bibles each week to see what God has for us. Call on 0403977512 - like us on Facebook - visit www.thelakesanglican.org.au

ANGELICAN CHURCH St Peter the Fisherman 13 Lucinda St Clontarf. Services Saturday 6pm Sunday 7am & 9am Wednesday 10am. Sunday school, craft, mens, tots/preschoolers, ladies groups and much more. For Howard Smith 3284 9283. Beautiful church & grounds for baptisms, weddings, funerals, blessings in Bramble Bay Parish.

ANNE'S SOCIAL CIRCLE. Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non cliky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

ARANA VIEW CLUB luncheon meeting 10.30am for 11.00am on Wednesday 1st June 2016 at Arana Leagues Club, Dawson Parade, Keperra. Guest speaker from the RACQ. Trading Table (bake, make, grow) and raffles. Two-course lunch incl tea/coffee (\$25.00). Bookings: Heather 3300 3733 by 4pm Monday 30th May. Arana VIEW meets on the 1st Wednesday of the month and welcomes new members and visitors to our meetings and other social activities organised each month. www.thesmithfamily.com.au/view

ARE YOU A SINGER? Counterpoint Vocal Ensemble has vacancies for an experienced baritone and soprano. Counterpoint is an auditioned 4-part choir specialising in a cappella choral works of a wide variety of genres. The group rehearses at Banyo and presents three major concerts each year. For information, or to register your interest, please call 3284 3688.

BABY & TODDLER GROUP (REDCLIFFE): Teeny Tots meets every Thursday (term time only) at Recalibrate Church, 3 Plume Street, Redcliffe. Starting at 9:30am - 11:00am with craft items, stories, morning tea and free play that everyone will enjoy! \$2 entry. Please call the Recalibrate Church office on 07 3284 6511 or email office@recalibrate.church for more details.

BAHA'I FAITH of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Classes, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens". Baha'ullah Phone: 07 38861567 Email: [Moreton Bay LSA \[mlrbsa.sec@gmail.com\]](mailto:Moreton Bay LSA [mlrbsa.sec@gmail.com]) Web: www.bahai.org.au or www.moretonbaybahais.org

BLUE DENIM COUNTRY MUSIC CLUB Progress Hall, 34 Cornelius Street, Clontarf. Socials 4th Sunday of each month. Contact Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry is \$6.00. Social commences 12:30pm. See Facebook for other details.

BOOM YOUTH A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

BRENDALE EVENING VIEW Club meet for dinner on the third Tuesday of the month at Wantima Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Anna at 3425 3927 or 0400 557 082

BRIDGE PLAYERS. We have a small club at North Lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30. come along or ring Ken Hooper on 32045636.

BRIDGE Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

BURPENGARY ANGLICAN CHURCH - Parish of Freshwater. 45 Pitt Road Burpengary. Traditional Worship Services weekly with Eucharist at 6.00pm Saturday evenings. Visitors Welcome. Please stay for a coffee and a friendly chat after the service.

BUSH POETRY, NORTH PINE We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Closet Poets set yourself free in a friendly nurturing environment. Cmon dip your toes in the water. Contact Cay on 07 3408 3219 or front up and make yourself known to the MC. Change your Life for the better, take the first step.

CABOOLTURE FAMILY HISTORY RESEARCH. One hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for CFRH research) Tel (07) 54282018 or email us at chfrp55@bigpond.com.

CABOOLTURE HISTORICAL VILLAGE POTTERS is a pottery group located in the Caboolture Historical Village, Beerburum Road Caboolture. We hold lessons every Monday and Tuesday from 9 am till 1 pm. We sell handcrafted pottery in our gallery. Contact phone number for the Pottery Shop is 5498 9933 or contact club president on mobile number 0409057 436.

CATHOLIC MASSES ON REDCLIFFE PENINSULA. Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com or phone 3293 0800.

CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL. Everyone is welcome to our Sunday Mass at 9.30 am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com.

CENTRAL LIONESSE CLUB Lioness Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gill 32842025 & Liz Alcock 3284 9415.

CENTRED YOUTH A fantastic High School youth event in Redcliffe @ Recalibrate Church, every Friday (term time only). 7:00pm - 9:00pm (chill time from 6:30pm) with sports, games, PlayStation, great music and life changing messages. Contact the Recalibrate Church office on 07 3284 6511, office@recalibrate.church and check out our website www.centredyouth.com

CHRISTADELPHIANS OF REDCLIFFE - 6 Irene Street, Redcliffe. Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of each month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail redcliffegates@optusnet.com.au for further information.

CHRISTIAN GROW GROUP meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

CLASSICALLY TRAINED VOCALISTS wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic women, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at classical_music_girl@yahoo.com.au

CONSUMER ADVOCACY For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at consumerconsultation.com - contact at jodie@jodiesjourney.com

CRAFT AND COFFEE MORNING: Pine Rivers OCVA Craft and Coffee group meet at 9:30 am on the 3rd Tuesday of each month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information phone 54595 5151.

CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS meets every 1st & 3rd Thursday of the month from 7.00 - 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost \$2.00 & bus pick up a extra \$1.00. Phone 3284 6451 for further information.

DECEPTION BAY ANGLICAN CHURCH - Parish of Freshwater, 43 Park Rd Deception Bay. Modern Family Worship Services weekly at 8.30am Sunday mornings with an active band - guitar, drums and keyboard. Visitors welcome. Please stay for morning tea and a friendly chat after the service.

DECEPTION BAY GEM & ALLIED CRAFT CLUB every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making at our friendly club.

DECEPTION BAY GIRL GUIDES enables girls from 5 and up to grow into confident, self-respecting and responsible community members. Meetings are Thursday 5pm and Friday 5:30pm at 35 Sampson Street, Deception Bay. Give Guides a go for 4 weeks for free. Adults are also invited to be involved as Leaders or in our Support Group. Visit <http://bit.ly/dbayguides> for more details

DECEPTION BAY SEVENTHDAY ADVENTIST'S meet every Saturday at Deception Bay Primary School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

DECEPTION BAY SPIRITUAL CENTRE Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquiries contact Rev Carol Bloor 0418 592 412.

DISCOVERY BAPTIST CHURCH, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space - corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: www.discoverybaptist.com.au or contact Pastor Phil Smith: 0430811967.

EILDON CROQUET CLUB is an enjoyable club to join and play croquet. We play 4 forms of croquet, ricolchet, golf, association and gateball. We play Monday, 9.30, Tuesday 8.30, Wed 9.30 Friday, 3.30 and Saturday 8.30. This is a game that all ages can enjoy. We have 3 members of the gateball team who are children and they play very well with the adults, hence a great family game. You are most welcome to phone 3203 7262 or 3283 2924 and arrange to come along.

FLORAL ART. Peninsula Floral Art Group welcome visitors and new members to join them each month to have fun with flowers. We are a small group who enjoy both others' company and learning the skills of flower arranging. Our meetings are at The Hub Old Fire Station Oxley Avenue Redcliffe on the 2nd Tuesday each month (February to November) 9.30am morning tea 10.00am workshop and meeting. Enquiries Pat Spillman Secretary Ph

32845795 Email pflag-redcliffe@hotmail.com.

FOOD SUPPORT. Do you need some Food Support? Struggling to put food on the table? Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

FREE CONVERSATIONAL ENGLISH LESSONS Thursday Morning 9.30 - 11am or Tuesday Evening 7 - 8.30pm. All ages. In Deception Bay, c/nr Maine tce & Water st. Phone: Susan 04496 63421

FRIENDLY SOCIAL TABLE TENNIS club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am until 12 noon at Redcliffe Senior Citizens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

GRANDPARENTS SUPPORT GROUP (GAGS) A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advice. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 0407251274.

GROUP OUTDOOR FITNESS North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help, For more information and questions answered call or txt Bryan on 0428337525

HER INSTINCT CLUB @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc, meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email chriseoer@gmail.com to find out more

HISTORY REDCLIFFE holds its general meeting on the second Friday of the month at 2pm, in the Terry Walker Room, Redcliffe Cultural Centre. Monthly guest speakers highlight interesting aspects of Redcliffe's History. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to info@historyredcliffe.com.au or www.historyredcliffe.com.au

JP BOOTH MKT Deception Bay Shopping Centre Mon-Sat 9am-1pm.

JUSTICE OF THE PEACE SERVICE Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday - Friday 10.30 am - 2.30 pm, Thursday Night 6.30 - 8pm. Saturdays 9.30am - 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

KALLANGUR INDOOR BOWLS Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only \$4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

KALLANGUR MEMORIAL BOWLS CLUB Wednesday Men's Pairs 12.30 pm. Thursday Ladies/Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: kallangurbowls@gmail.com for more information.

KALLANGUR, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls, sq dancing every Tuesday, concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue (opp Red Rooster) for further info please Fred on 32054024 or email prsc2@gmail.com.

KALLANGUR OVER 50'S SOCIAL CLUB - NEW DAY If you are interested in meeting new friends and playing affordable bingo, then come along to North Leagues Services Club on Tuesday mornings at 9.30 a.m. Enjoy a cuppa with friends. Other club activities include raffles, playing cards and monthly bus trips. Special occasions also celebrated throughout the year. Membership only \$5-00. Please contact Gallene 3285 3905 or email ng.parnell@gmail.com for more details.

KOALA & WILDLIFE RESCUE PINE RIVERS is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Pendicup Place 365 Sansonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

LADIES 50 - 60s age bracket needed for social tennis, played at Chermisde Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Christine 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

LADIES SMALL COURT GOLF Canasta five & pony 50's - 60's age bracket Wednesday 10am - 3pm North Lakes 3203 1239 Will teach if needed.

LAKES ANGLICAN CHURCH SERVICES. Sunday worship: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

LIFE! CHURCH SERVICES: 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to www.thelifechurch.org.au

LIONESSE CLUB OF MORAYFIELD & DISTRICT Come and join us to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting, 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

LIONESSE CLUB OF REDCLIFFE CENTRAL meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

LIONS CLUB OF NORTH LAKES: If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

LIONS CLUB OF REDCLIFFE. Our friendship club welcomes you to join us once a month for a fine meal with interesting guest speakers, and have a friendly get together once a month to play cards or just chat. Call Neil or Maureen Tyler on (07) 3204 8883 or Email nghmytyler@bigpond.com

LIONS CLUB OF REDCLIFFE KIPPA-RING Come join our flourishing Club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am - 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more! Meetings held 1st & 3rd Tuesdays at Rothwell Hall, North meeting 2nd Tuesday. Call 0418 917 578.

LORDS AND LADIES ASSEMBLY Mousetraps' upcoming Musical Comedy, 'Once Upon A Mattress' is seeking Lords and Ladies for the Ensemble. If you possess the vocal and acting skills required and wish to join a fun filled show please contact the Musical Director, Theresa Kendall on 0412 260 467 or 3203 6251. This production is being directed by well known Brisbane theatre identity, Kurt A. Leps. Performances are July 29 & 30, August 5, 6, 12 & 13 at 7.30pm with two matinees on July 31 and August 7 at 2.00pm.

MASONIC MEETINGS Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am, the fourth Monday of every month at Freemasons' Centre Seaville Av. Scarborough, on the Redcliffe Peninsula. Our friendly Ladies, who attend every Luncheon, will extend a warm welcome to your wife, please bring your wife along. Phone Les 3888 0739.

MEN'S SHED REDCLIFFE Community is now up and running and available to All Men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed. The Shed is at The Community/House 1 Laminton Drive, off Oxley Avenue and hours are Mon, Wed, Fri, 9-00am til 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

MEN'S SHED The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am – 1.30pm at our shed, Old Petrie Town, Dayboro Rd, Kurwongbah. If you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

MORETON BAY CHRISTADELPHIANS Free Bible based seminars. On every Wednesday at 7.30pm. Various topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbaycclesia.net

MORETON BAY SYMPHONY ORCHESTRA aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbso.org.au Visit our website at: www.mbso.org.au

MOUSETRAP THEATRE Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children. Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0439 954 719

NARANGBA ANGLICAN CHURCH - Anglican Parish of Freshwater, 45 Pitt Rd, Burpengary Weekly Worship Services at 6.00pm Sat evening. Visitors very welcome.

NAVY CADETS – TS Koopa Youth 13-19 Years Parade 630pm to 930pm Friday Nights TS Koopa Kal-Ma-Kuta Dr Sandstone Point Enquiries co.tskoopaa@navycadets.gov.au 0430 940 189

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410. All welcome.

NORTH LAKES UNITING CHURCH offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Cornford on 0421 950 325 or email info@northlakesunitingchurch.org.au

OLDER WOMEN'S NETWORK Next meeting Tuesday 7th of June. Topic Preventative Dental Problems in the older population, Speaker Jan Anderson Metro North Oral Health Services. Venue: Woody Point Memorial, Oxley Avenue, Woody Point. Entrance Fee \$4 for Morning Tea Lucky Door Prize. Contact M. 0411018570

PEACE PRESBYTERIAN CHURCH We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kids Church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

PENINSULA ANIMAL AID is an animal refuge shelter for rescued dogs and cats. The shelter is located at Clontarf on the Redcliffe peninsula and is solely run by volunteers and has been operating since 1971. If you would like more information about adopting an animal, volunteering, becoming a member or attending our monthly meetings, please phone 3284 1927 or go to our website www.peninsulaanimalaid.com.au

THE PENINSULA HERB GROUP meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquires please ring the secretary on 32843279 or herb garden coordinator on 32831828.

PENINSULA SOCIAL GOLF CLUB welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays at a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 781 830 www.peninsulasocialgolfclub.asn.au

PINE RIVERS SENIOR CITIZENS Club Inc. Kallangur welcomes you to join us for indoor bowls, sq dancing every Tuesday,concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month.Venue is the community hall 1480 Anzac Avenue.(opp red rooster) for further info please ring Shirley on 38863184 or email prssc2@gmail.com.

PINE RIVERS SWIMMERS CLUB. Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee \$12. Weekly fee \$3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

PINE RIVERS VIEW Club meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern, Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

PINE RIVERS QCWA Branch meets at 9:30 am on the 1st Wednesday of each month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information Phone 5495 511.

PLAYGROUP MANGO HILL. 9.10 – 10.10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Undercover and outdoor play, music and story time for children aged 2 – 5 with their parents/carers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Carmel Murphy cmrnp61@eeq.edu.au

PLAYGROUP REDCLIFFE 9:30am Monday to Friday. 1 Richens St, Redcliffe [Redcliffe Uniting Church]. Well organised and structured playgroup. More details check out the Uniting Church website.

PLAYTIME ROTHWELL Thursday 9am -11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3897 2869

PROSTATE CANCER SUPPORT GROUP for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

P.U.B.S Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

PULSE YOUTH is the youth program of Life! Church. Come check out the craziest games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth - youngadults@thelifechurch.org.au

PROBUS CLUB OF KALLANGUR meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Joan 38863656, Ken 33841313, Dorothy32851538

PROBUS CLUB OF REDCLIFFE Inc. The Club is for Male and Female retirees Seeking fellowship and fun. We enjoy Entertainment, Coach trips, Cruises, Dine-outs, Local and OPAC Theatre days, Lawn bowls, Beach BBQs & Coffee mornings, Meetings - second Monday of every month at the Redcliffe Golf Club. President Barry Lynch 3284-3434 or 0400 270 760 gramps98@optusnet.com.au

PROSTATE CANCER SUPPORT GROUP at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480 5904 or 0404 495 898.

QUEEN'S BEACH INDOOR BOWLS Club Inc. Monday 7.15pm Thursday afternoon 1.15 pm

Church Hall cnr. Griffith Road. & Prince Edward Pde.Scarborough.

QUOTA INTERNATIONAL CLUB of North Lakes Inc. Ladies, if you are new to North Lakes and want to make new friends, share in serving our local community and supporting our local and international projects, please consider joining our Club. Regular social events. We meet at North Lakes Health Precinct second Monday of each month 6.30pm for light supper and socialise, followed by our Business Meeting at 7pm. For more information call Brenda on 0408489387 or Glynis on 0413010088

RECALIBRATE CHURCH 9:30am & 6:00pm every Sunday @ 3 Plume Street, Redcliffe. EVERYONE IS WELCOME! Services include full kids provision from 2-11yrs, great worship, relevant and encouraging messages and brilliant opportunities to form community and friendships. Contact the office on 07 3284 6511, office@recalibrate.church and check out our website www.recalibrate.church

REDCLIFFE BRANCH OF NATIONAL SENIORS. Meets on the last Friday each month at 10-00 a.m. for 10-30 a.m. in the "Kokoda Room" of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

REDCLIFFE CITY CHOR practises weekly in the Rothwell area, Monday nights from 7:15-9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5789.

REDCLIFFE COUNTRY MUSIC CLUB. Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials : 3Rd.Sunday 1.00P.M. 4Th Friday Night 7.30.P.M. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry's 4.00.

REDCLIFFE & DISTRICT FAMILY HISTORY GROUP. Membership open to anyone wishing to research their ancestors. Our Library contains over 600 books, microfiches, CDs & computer access. Help is always available, with tea, coffee and a friendly chat. We meet every Tues & Thurs morning 9.30am till 12.30 pm. and one Mon evening a month by appointment, at the Scout Hut, Isobell Street, Clontarf. Contact 3293 0567, or email RDFHG2012@gmail.com

REDCLIFFE EXSERVICEMEN'S CLUB Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservicemen of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

REDCLIFFE FAMILY FUN is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. www.facebook.com/RedcliffeFamilyFun

REDCLIFFE GATEBALL CLUB welcome all players aged between 8-90 years of age. Played every Saturday from 1pm to 4pm at the Bramble Bay Bowls Club. Gateball is a sport which combines brain play and mild physical exercise, non-contact, highly strategic team game. 30 minutes per game is all it takes for a game. Phone Geoff of 0400 525 250.

REDCLIFFE HEALING ROOMS Come and let God touch and heal you. Woody Point Community Centre Cnr Hornibrook Esp & Oxley Ave Woody Point Wednesday 7 - 9pm and Friday 10:30 - 1pm "Grandeinfie" Cnr Anzac Ave and Duffield Rd Kallangur Monday 10am -12noon All welcome. No appointment necessary. Enquiries 07 3284 1880

REDCLIFFE LADIES PROBUS CLUB Meets on the 2nd Thursday every month in the Seaspray Room, Belvedere Hotel, Woody Point at 9.30am for 10am.Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Maureen 3283 7461 or Noeleen 3203 6889.

REDCLIFFE MULTITUDE CHOIR is a non auditioned community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. www.over40socialdanceclub.org

REDCLIFFE OSTAMATE SUPPORT And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is \$2 and morning tea is supplied. For more information please contact Dot \$4 95 1335.

REDCLIFFE PENINSULAR DARTS ASSOCIATION: Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. \$15 yearly registration & \$4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

REDCLIFFE PENINSULA POETS Group meet on the first Tuesday of the month at the Redcliffe Cultural Centre 7pm in the Winton room. Everyone is welcome to come along. Read your own poetry or some from a book!

REDCLIFFE PENINSULA PROBUS CLUB Inc. Meets on the 4th Tuesday of each month except December at the Kokoda Room, Redcliffe RSL Irene St. Redcliffe at 10.00am. New Members most welcome. Contact President Ray phone 3203 2611 or Secretary Neil phone 3284 4404.

REDCLIFFE PENINSULA SURF LIVE SAVING Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Suttons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to www.redcliffesfsc.com.au

REDCLIFFE PENINSULA VIEW Club extends a warm welcome to ladies who are looking for a new interest to join on the second Thursday of each month at the Moreton Bay Boat Club, Scarborough. Meetings include lunch, a speaker or entertainment. Outings feature in our monthly program. VIEW supports the Smith Family's Learning for Life program. Contact Robyn 3481 6003

REDCLIFFE POTTERY GROUP is due to hold Semester 2 handbuild pottery classes for beginners commencing on 7th May for Saturday class and 9th for Monday class. Fees will be \$100 for 10 hours lesson over 6 weeks including clay, firing and glazes. More details and the application form, visit our website on www.redcliffe-pottery-group.org.au

REDCLIFFE RSL SUB-BRANCH General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

REDCLIFFE RUGBY UNION. Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch footy 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at www.redcliffesrugby.com.au Enquiries to play Mark 0423214202 or senior.secretary@redcliffesrugby.com.au Ray Frawley Fields. Silcock St Clontarf.

REDCLIFFE SENIOR CITIZENS CENTRE 401 Oxley Ave, Redcliffe, 4020. Membership \$8 with joining fee \$2. Activities, Table Tennis, Indoor Bowls, Darts, Concerts, Hov, Snooker,Vogue Dancing, 500.Line Dancing, Pilates & Chee Gung. Contact 3284 1366 or 0418 796936.

REDCLIFFE SENIORS COMPUTER CLUB - Club House 51 Sportsground Street Redcliffe. Tel: 3203 5593. Monday to Friday. Learn to use your computer, tablet, smart phone to send emails, search the internet, buy bills, do banking all in a friendly atmosphere. All lessons are individual at low cost. Further information available on our web page www.rssc.com.au

REDCLIFFE SNOOKER CLUB Inc. Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are \$2.00 per hour per person with partner- for further information please ring Gary Wardle 0414722189 or email snookerclub@optusnet.com.au

REDCLIFFE SPIRITUAL DISCUSSION GROUP meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

REDCLIFFE TABLE TENNIS ASSOCIATION offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobel Street, Clontarf every Friday night from 7.00pm. Quality Stiga tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

REDCLIFFE TPI SUB BRANCH meets on the first Monday of every month, 9.30 a.m. at the

Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information available from Mick Karloak on 3283 1721 or Pedro Newman on 3889 5704.

REDCLIFFE UNITING CHURCH - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richens St, Redcliffe. Never boring, always engaging! Download our APP 'Redcliffe Uniting' or check out our website.

ROTARY CLUB OF KIPPARING-NORTH LAKES meets Wednesday from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Gary Gibson on 0419 742 769

ST JOHN AMBULANCE Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES Hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

SATURDAY MORNING BICYCLE RIDE in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break. beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts- BERG ph 0431286322

SCOUTS offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further information, contact Kerry on ksgleader@outlook.com or 0423158135.

SEASONS A Loss and Grief peer support program for Adults. Seasons consists of 6 x 2 hourly sessions comprising of 6 to 8 participants per group, and is facilitated by trained companions. The program uses the different seasons and images from nature to help people cope with their loss and grief. Contact: Trevor Andrew 0421 901 737 Sheryl Windsor 0402 819 385 Annette Plummer 0413 052 110

SHED HAPPENS FOR MEN on 4th Monday of each month John Naumann Hall Deception Bay Road Deception Bay. Guest Speakers, hear blokes tell their stories. Shed night is a place where men are inspired to be the best they can be as blokes, fathers, husbands, sons and mates. All Men welcome from age 16 to 116. BBQ starts 6pm donation \$10.00. contact: Trevor Andrew 0421901737 Paul Chambers 0419 998 815

SINGLE SENIORS OVER 60yo in Moreton Bay Area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc but maybe not on our own! So why not join our group and share company. If interested, please email Kate at hopeyzy1@hotmail.com.

SLIMMER'S SUPPORT GROUP, KALLANGUR, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163..

SMALL DOG CARER'S CLUB Meet other dog lovers and socialise your small dog with other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi-retired) are welcome. Phone Kevin on 3881 1282.

SOCIAL COFFEE LOVERS GROUP If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at carolyn2527@hotmail.com.

SOROPTIMIST INTERNATIONAL Moreton North Inc. is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Caryl 0417 730 155 or Audrey on 0402776840 Email simorettonorth@sismw.org www.soroptimistinternational.org

SOUTH AFRICAN LADIES GROUP Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and Surrounding areas. Contact Catherine for more information. 0406781261 or monks@gmail.com

SPECIAL OLYMPICS MORETON NORTH CLUB. We are a regional club of Special Olympics Australia. We bring the benefits of regular sport and competition to children and adults living with an intellectual disability, in the Moreton Bay region. Sports offered are swimming, basketball, athletics, soccer, cricket, golf, ten pin bowling and gymnastics. For more information, please contact Louise on 0411 822 055 or email SOMN.louisegee@outlook.com.

Spinal Life Australia's Brisbane Post Polio Network will meet at 2.00pm on Saturday 11 June at Spinal Life Australia 109 Logan Road, Wollongabba. (Entrance and parking off Baladava Street). Guest Speaker will be Mandy Nielsen from Chronic Pain Australia. New members are welcome. For more information please contact Eric Rushton on 0403 191 698.

SUPPORT FOR PARENTS Concerned about your teens behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

SUPPORT GROUP FOR MEN. Men Supporting Men Inc. meets at the new Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

SWIMMING CLUB Come along for a free trial at our club nights held Fridays. Learn correct swim race techniques in a fun, social and family friendly environment all in our indoor heated 50m pool. Suitable for beginners through to National level swimmers that can swim a minimum 25m. Contact Head Coach Kirk Taylor 0405 577 204 or email australianswimclub@gmail.com for more info.

TABLE TENNIS ASSOCIATION in Redcliffe hosts Table Tennis at Clontarf High School Gymnasium, Isobel Street, Clontarf on Friday Nights at 7.15pm. We provide the balls and have a range of bats available for use. The environment is social and new players/beginners are welcome. The nightly fees are very reasonable so for further information, please contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

TEAR Groups are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

TUESDAY CLUB INC. is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Maria 3284 1526 or Leola 3284 4167

THE USA PINE RIVERS will be holding a social and information meeting on Friday 17th June 2016 at Bray Hall, O'Loane St, Petrie gathering from 9.30am for a 10.00 am start. Our activity today will be "COMPUTING AND CRAFT AND ART EXPO" showcasing the talents of our members with items for sale. Come and join us for a morning tea provided for a gold coin donation. This is an opportunity to book for social outings such as Theatre and bus trips or renew membership.

USA REDCLIFFE INC. provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of \$20 per year applies and a small fee for each class of \$2. Computer classes are \$30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email u3a@u3aredcliffe.org.au. More information is on the net at www.u3aredcliffe.org.au

WEIGHT REDUCTION CLUB OF REDCLIFFE. A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8.30 am. New members welcome - for more information ph: 3283 7118 or 0424 671 554 or email wrredcliffe@hotmail.com

WORLD HARVEST MINISTRIES. You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

ZONTA CLUB REDCLIFFE Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday at each month. Interested? Further information may be obtained by contacting info@zontaredcliffe.org.au Or: 0457426806

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